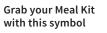


# Cheesy Pulled Pork & Corn Quesadillas with Garlic Yoghurt

NEW

KID FRIENDLY









Sweetcorn



Celery





Tex-Mex Spice



Blend



Onion Chutney



Tortillas

Pulled Pork



Shredded Cheddar



Greek-Style Yoghurt





Prep in: 20-30 mins Ready in: 35-45 mins

Pulled pork in quesadillas is a given so let's not stray from a classic, but we can make it a little interesting with the corn. Instead of a charred corn salsa (which we still love) add it to the filling for a sweet pop in the saucy pork. Trust us, you'll love it!

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Large frying pan · Oven tray lined with baking paper

#### Ingredients

9			
2 People	4 People		
refer to method	refer to method		
1 tin	1 tin		
1	2		
1 stalk	2 stalks		
3 cloves	6 cloves		
1 sachet	1 sachet		
1 packet	1 packet		
1 packet (40g)	1 packet (80g)		
1/4 cup	½ cup		
6	12		
1 packet (40g)	1 packet (80g)		
1 medium packet	1 large packet		
1 packet (40g)	1 packet (80g)		
	refer to method 1 tin 1 1 stalk 3 cloves 1 sachet 1 packet 1 packet (40g) 1/4 cup 6 1 packet (40g) 1 medium packet 1 packet		

\*Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2853kJ (682Cal)	624kJ (149Cal)
Protein (g)	33.6g	7.4g
Fat, total (g)	33.4g	7.3g
- saturated (g)	16.9g	3.7g
Carbohydrate (g)	64.1g	14g
- sugars (g)	17.1g	3.7g
Sodium (mg)	2104mg	460mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3211kJ</b> (767Cal)	673kJ (161Cal)
Protein (g)	38.3g	8g
Fat, total (g)	40.9g	8.6g
- saturated (g)	21.4g	4.5g
Carbohydrate (g)	64.1g	13.4g
- sugars (g)	17.1g	3.6g
Sodium (mg)	2243mg	470mg

The quantities provided above are averages only.

#### Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns

2023 | CW30



# Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Drain the **sweetcorn**. Grate the **carrot**. Finely chop **celery** and **garlic**.

**Little cooks:** *Under adult supervision, older kids can help grate the carrot.* 



# Make the filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook corn, carrot and celery, stirring, until softened, 3-5 minutes.
- SPICY! The spice blend is mild, but use less if you're sensitive to heat. Add Tex-Mex spice blend, pulled pork and half the garlic and cook until fragrant, 2 minutes.
- Add onion chutney and the water and cook, stirring, until thickened, 1 minute.

**TIP:** If the mixture looks dry, add another dash of water!



# Assemble the quesadillas

- Lay a **mini flour tortilla** on a lined oven tray.
- Divide some **pork filling** over one half of **tortilla**, then top with some **shredded Cheddar cheese**.
- Fold the other half of the **tortilla** over to close and press down gently with a spatula. Repeat with remaining **filling** and **tortillas**.
- Brush or spray tortillas with a drizzle of olive oil, then season with salt and pepper.

**Little cooks:** Take the lead and help assemble the quesadillas! Add the finishing touch by sprinkling the cheese on top.

**TIP:** If your oven tray is crowded, divide between two trays.

**Custom Recipe:** If you've doubled your shredded Cheddar cheese, sprinkle over the pork filling as above.



# Bake the quesadillas

- Bake quesadillas until cheese is melted and the tortillas are golden, 10-12 minutes.
- Spoon any overflowing filling back into the quesadillas.



# Make the garlic yoghurt

- Meanwhile, wipe out the frying pan and return to medium-high heat with a drizzle of olive oil.
   Cook remaining garlic until fragrant, 1 minute.
- Transfer garlic oil to a small bowl, then add Greek-style yoghurt and stir to combine.
   Season to taste.



## Serve up

- Cut cheesy pulled pork and corn quesadillas into wedges, then divide between plates.
- Serve with garlic yoghurt. Enjoy!

**TIP:** You can serve the quesadillas whole if you prefer!

#### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

