



Cheesy Pulled Pork & Corn Quesadillas

with Garlic Yoghurt

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweetcorn



Carrot



Celery



Garlic



Tex-Mex Spice Blend



Pulled Pork



Onion Chutney



Mini Flour Tortillas



Shredded Cheddar Cheese



Greek-Style Yoghurt



Shredded Cheddar Cheese

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

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

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 tin	1 tin
carrot	1	2
celery	1 stalk	2 stalks
garlic	3 cloves	6 cloves
Tex-Mex spice blend	1 sachet	1 sachet
pulled pork	1 packet	1 packet
onion chutney	1 packet (40g)	1 packet (80g)
water*	¼ cup	½ cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
Greek-style yoghurt	1 medium packet	1 large packet
shredded Cheddar cheese**	1 packet (40g)	1 packet (80g)

*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)	3211kJ (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.



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 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!



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.



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.



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

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