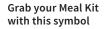


Quick Cheesy Pork & Veggie Quesadillas with Garlic Aioli

KID FRIENDLY









Carrot

Sweetcorn





Pork Mince

Louisiana Spice Blend





Tomato Paste

Tortillas

Garlic Aioli





Shredded Cheddar







Pork meets veggies, they're both going to be taking up residence in golden quesadillas. It has all the luxuries we expect like Cheddar cheese, a saucy base and who could forget the garlic aioli. We think they will be very happy here, just like you will be when you dig in! **Pantry items**

Olive Oil, Butter, Brown Sugar

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
refer to method	refer to method
1 (medium)	1 (large)
1 stalk	2 stalks
1	2
1 tin	1 tin
1 packet	1 packet
1 sachet	2 sachets
1 packet	2 packets
1/4 cup	½ cup
20g	40g
½ tsp	1 tsp
6	12
1 packet (40g)	1 packet (80g)
1 medium packet	1 large packet
1 packet	1 packet (or 2 packets)
	refer to method 1 (medium) 1 stalk 1 1 tin 1 packet 1 sachet 1 packet ½ cup 20g ½ tsp 6 1 packet (40g) 1 medium packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3507kJ (838Cal)	682kJ (163Cal)
Protein (g)	40.4g	7.9g
Fat, total (g)	47.8g	9.3g
- saturated (g)	19.9g	3.9g
Carbohydrate (g)	58.9g	11.5g
- sugars (g)	14.3g	2.8g
Sodium (mg)	2058mg	400mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3798kJ (908Cal)	739kJ (177Cal)
Protein (g)	44.6g	8.7g
Fat, total (g)	52.3g	10.2g
- saturated (g)	22.8g	4.4g
Carbohydrate (g)	58.9g	11.5g
- sugars (g)	14.3g	2.8g
Sodium (mg)	2023mg	394mg

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





Get prepped

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

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



Bake the quesadillas

- Arrange mini flour tortillas over a lined oven tray. Divide pork filling between tortillas, spooning it onto one half of each tortilla, then top with shredded Cheddar cheese.
- Fold the empty half of each tortilla over to enclose filling and press down
 with a spatula. Brush (or spray) tortillas with a drizzle of olive oil. Season
 with salt and pepper.
- Bake quesadillas until cheese has melted and tortillas are golden,
 10-12 minutes. Spoon any overflowing filling back into the quesadillas.

Little cooks: Help out with spooning on the filling and sprinkle the cheese on top!



Cook the pork filling

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook pork mince, onion, celery and carrot, breaking mince up with a spoon, until just browned, 6-7 minutes.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat!

 Add Louisiana spice blend, sweetcorn, tomato paste, the water, butter and brown sugar and cook, stirring, until fragrant, 1-2 minutes.

TIP: Add a splash of water if the mixture looks dry!

Custom Recipe: If you've swapped to beef mince, cook beef in the same way as the pork.



Serve up

- Divide cheesy pork and veggie quesadillas between plates.
- Serve with garlic aioli. Enjoy!

Rate your recipe

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