



Easy Cheesy Pork & Veggie Quesadillas

with Garlic Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Onion



Carrot



Sweetcorn



Pork Mince



Louisiana Spice Blend



Tomato Paste



Baby Spinach Leaves



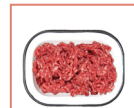
Mini Flour Tortillas



Shredded Cheddar Cheese



Garlic Aioli



Beef Mince

Prep in: 10-20 mins
Ready in: 20-30 mins

Juicy Southern-spiced pork, garlic aioli and melted Cheddar cheese; it's hard to resist these incredibly delicious quesadillas. Plus, it takes less than 30 minutes to have this fun feast on your dinner table!

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

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 |
|-------------------------------|-----------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| onion | 1 (medium) | 1 (large) |
| carrot | 1 | 2 |
| sweetcorn | 1 tin | 1 tin |
| pork mince | 1 small packet | 2 small packets OR 1 large packet |
| Louisiana spice blend | 1 sachet | 2 sachets |
| tomato paste | 1 packet | 2 packets |
| water* | ¼ cup | ½ cup |
| butter* | 20g | 40g |
| brown sugar* | ½ tsp | 1 tsp |
| baby spinach leaves | 1 small bag | 1 medium bag |
| mini flour tortillas | 6 | 12 |
| shredded Cheddar cheese (40g) | 1 packet | 1 packet (80g) |
| garlic aioli | 1 medium packet | 1 large packet |
| beef mince** | 1 small packet | 2 small packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3496kJ (836Cal) | 708kJ (169Cal) |
| Protein (g) | 40.6g | 8.2g |
| Fat, total (g) | 47.8g | 9.7g |
| - saturated (g) | 19.9g | 4g |
| Carbohydrate (g) | 58.1g | 11.8g |
| - sugars (g) | 13.9g | 2.8g |
| Sodium (mg) | 2037mg | 412mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3787kJ (905Cal) | 767kJ (183Cal) |
| Protein (g) | 44.8g | 9.1g |
| Fat, total (g) | 52.3g | 10.6g |
| - saturated (g) | 22.8g | 4.6g |
| Carbohydrate (g) | 58.1g | 11.8g |
| - sugars (g) | 13.9g | 2.8g |
| Sodium (mg) | 2016mg | 408mg |

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 | CW45



Get prepped

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



Bake the quesadillas

- Arrange **mini flour tortillas** on 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** and season.
- Bake **quesadillas** until cheese has melted and tortillas are golden, **10-12 minutes**. Spoon any overflowing filling back into the quesadillas.



Cook the pork filling

- Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **pork mince, onion** and **carrot**, breaking mince up with a spoon, until just browned, **4-5 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 the **brown sugar** and cook, stirring, until fragrant, **1-2 minutes**.
- Add **baby spinach leaves** to the filling and toss until wilted.

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 above.



Serve up

- Slice quesadillas into halves (if you prefer). Divide cheesy pork and veggie quesadillas between plates.
- Serve with a dollop of **garlic aioli**. Enjoy!

Rate your recipe

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