



Pulled Pork & Capsicum Quesadillas

with Creamy Avocado Slaw

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweetcorn



Garlic



Capsicum



Avocado



Tex-Mex Spice Blend



Pulled Pork



Tomato Paste



Mini Flour Tortillas



Shredded Cheddar Cheese



Slaw Mix



Mayonnaise



Pulled Chicken

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

Pulled pork is on the menu! It's succulent, super-tasty and works a treat in these easy and delicious quesadillas. With the slow cooking already done, the pork just needs to be heated and it's ready to enjoy. Here, we've stirred it through a Tex-Mex style sauce to make a mouth-watering filling that's ready to be spread over tortillas and baked.

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
garlic	3 cloves	6 cloves
capsicum	1	2
avocado	1	1
Tex-Mex spice blend	1 sachet	1 sachet
pulled pork	1 packet	1 packet
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
pulled chicken**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3606kJ (862Cal)	694kJ (166Cal)
Protein (g)	33.8g	6.5g
Fat, total (g)	57.4g	11g
- saturated (g)	19.1g	3.7g
Carbohydrate (g)	55.6g	10.7g
- sugars (g)	13.4g	2.6g
Sodium (mg)	2263mg	436mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3297kJ (788Cal)	635kJ (152Cal)
Protein (g)	39.8g	7.7g
Fat, total (g)	45.1g	8.7g
- saturated (g)	12.9g	2.5g
Carbohydrate (g)	55.3g	10.6g
- sugars (g)	13.4g	2.6g
Sodium (mg)	1685mg	324mg

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

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Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Drain the **sweetcorn**. Finely chop **garlic**. Thinly slice **capsicum**. Slice **avocado** in half, scoop out flesh and roughly chop.



Bake the quesadillas

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

TIP: Place a sheet of baking paper and a second oven tray on top of the quesadillas if they unfold during cooking.



Make the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **corn** and **capsicum**, stirring, until softened, **4-5 minutes**.
- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Add **garlic**, **Tex-Mex spice blend** and **pulled pork** and cook until fragrant, **2 minutes**.
- Add **tomato paste** and cook, stirring, until fragrant, **2 minutes**.
- Add the **water** and stir to combine.

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

Custom Recipe: If you've swapped pulled pork for pulled chicken, cook chicken with the spice blend and garlic, breaking up chicken with a spoon, until browned, 2-3 minutes. Continue as above.



Toss the slaw

- In a large bowl, combine **slaw mix**, **avocado** and **mayonnaise**. Season to taste.

Little cooks: Kids can help toss the slaw.



Assemble the quesadillas

- Arrange **mini flour tortillas** on a lined oven tray. Divide **pork mixture** between **tortillas**, spooning it onto one half of each tortilla, then top with **shredded Cheddar cheese**.
- Fold 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.

Little cooks: Take the lead and help assemble the quesadillas!



Serve up

- Divide pulled pork and capsicum quesadillas between plates.
- Serve with creamy avocado slaw. Enjoy!

Rate your recipe

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