

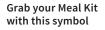
Prep in: 20-30 mins

Ready in: 35-45 mins

# Pulled Pork & Capsicum Quesadillas

with Creamy Avocado Slaw

KID FRIENDLY















Pulled Pork

Tex-Mex Spice





Mini Flour

Tortillas

Tomato Paste



Shredded Cheddar



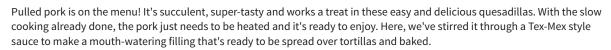
Cheese



Mayonnaise



Slaw Mix



#### 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
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*	1/4 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

<sup>\*</sup>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.



Scan here if you have any questions or concerns





# 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!