



American BBQ Pulled Pork Quesadillas

with Charred Corn Salsa & Garlic Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Carrot



Baby Spinach Leaves



Sweetcorn



All-American Spice Blend



Pulled Pork



BBQ Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Garlic Aioli



Pulled Pork

Prep in: 15-25 mins
Ready in: 30-40 mins

It's the classic quesadillas again except we're spicing things up with our fan favourite All-American spice to coat the rich pulled pork. Make it a little cheesy and add a golden corn salsa to tie it all together.

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

Pantry items

Olive Oil, White Wine Vinegar

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
garlic	2 cloves	4 cloves
carrot	1	2
baby spinach leaves	1 small bag	1 medium bag
sweetcorn	1 tin	1 tin
All-American spice blend	1 sachet	1 sachet
pulled pork	1 packet	1 packet
BBQ sauce	1 medium packet	1 large packet
water*	¼ cup	½ cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
pulled pork**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3079kJ (736Cal)	764kJ (183Cal)
Protein (g)	30.9g	7.7g
Fat, total (g)	41.5g	10.3g
- saturated (g)	16.6g	4.1g
Carbohydrate (g)	59.9g	14.9g
- sugars (g)	17.4g	4.3g
Sodium (mg)	2530mg	628mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3890kJ (930Cal)	773kJ (185Cal)
Protein (g)	46.9g	9.3g
Fat, total (g)	56.5g	11.2g
- saturated (g)	23.6g	4.7g
Carbohydrate (g)	61.9g	12.3g
- sugars (g)	17.4g	3.5g
Sodium (mg)	3280mg	652mg

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 | CW49



1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **garlic**. Grate the **carrot**. Roughly chop **baby spinach leaves**. Drain the **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl and set aside.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

Little cooks: Older kids can help out with grating the carrot.

3



Bake the quesadillas

- Arrange **mini flour tortillas** on a lined oven tray. Divide **pork mixture** among **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 with **salt and pepper**.
- Bake **quesadillas** until cheese has melted and tortillas are golden, **10-12 minutes**. Spoon any overflowing filling back into quesadillas.

Little cooks: Kids can help fill and fold the quesadillas!

2



Make the filling

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot**, stirring, until softened, **3-4 minutes**.
- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Add **garlic**, **All-American spice blend** and **pulled pork** and cook until fragrant, **2 minutes**.
- Add **BBQ sauce** and the **water**, stirring, until well combined, **1 minute**.

Custom Recipe: If you've doubled your pulled pork, cook in batches for the best results. Return all pulled pork to the pan before adding BBQ sauce and the water as above.

4



Serve up

- Meanwhile, add baby spinach to the bowl of charred corn, along with a drizzle of **white wine vinegar** and olive oil. Season and toss to combine.
- Divide charred corn salsa between plates. Top with American BBQ pulled pork quesadillas.
- Serve with a dollop of **garlic aioli**. Enjoy!

Little cooks: Take the lead by combining the ingredients for the salsa!

Rate your recipe

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