



Cheesy Louisiana Pork & Veggie Quesadillas

with Garlic Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Onion



Celery



Carrot



Sweetcorn



Pork Mince



Louisiana Spice Blend



Tomato Paste



Mini Flour Tortillas



Shredded Cheddar Cheese



Garlic Aioli



Beef Mince

Prep in: 15-25 mins
Ready in: 25-35 mins

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!

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 (small)	1 (medium)
celery	1 stalk	2 stalks
carrot	1	2
sweetcorn	1 tin	1 tin
pork mince	1 packet	1 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
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	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)	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 (907Cal)	739kJ (176Cal)
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

2023 | CW50



1



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.

3



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.

2



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.

4



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

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