



# Tex-Mex Pulled Pork Quesadillas

with Cheddar Cheese & Yoghurt

KID FRIENDLY



Grab your Meal Kit with this symbol



Celery



Capsicum



Carrot



Corn



Pulled Pork



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Greek-Style Yoghurt



Shredded Cheddar Cheese

Prep in: 25-35 mins  
Ready in: 30-40 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 Mexican-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, 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
<b>olive oil*</b>	refer to method	refer to method
celery	1 stalk	2 stalks
capsicum	1	2
carrot	½	1
corn	1 cob	2 cobs
pulled pork	1 packet	1 packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
mild chipotle sauce	1 large packet	2 large packets
<b>water*</b>	½ cup	1 cup
<b>brown sugar*</b>	1 tsp	2 tsp
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
Greek-style yoghurt	1 medium packet	1 large packet
shredded Cheddar cheese**	1 packet (40g)	1 packet (80g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3181kJ (760Cal)	564kJ (135Cal)
Protein (g)	35.7g	6.3g
Fat, total (g)	39.5g	7g
- saturated (g)	17.7g	3.1g
Carbohydrate (g)	67.2g	11.9g
- sugars (g)	20.3g	3.6g
Sodium (mg)	2334mg	414mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3540kJ (846Cal)	606kJ (144Cal)
Protein (g)	39.7g	6.8g
Fat, total (g)	47.2g	8.1g
- saturated (g)	22.4g	3.8g
Carbohydrate (g)	68g	11.6g
- sugars (g)	20.9g	3.6g
Sodium (mg)	2470mg	423mg

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](https://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**.
- Thinly slice **celery** and **capsicum**. Grate **carrot** (**see ingredients**). Slice kernels off **corn cob**.

**Little cooks:** Under adult supervision, older kids can help grate the carrot.



## Assemble the quesadillas

- Arrange **mini flour tortillas** over a lined oven tray.
- Divide the **pork mixture** between **tortillas**, spooning it over one half of each tortilla, then top with **shredded Cheddar cheese**.
- Fold the empty half of each **tortilla** over to enclose the filling and press down gently with a spatula.

**Little cooks:** Take charge of assembling the quesadillas!

**Custom Recipe:** If you've doubled the shredded Cheddar cheese, sprinkle extra cheese over the tortillas as above.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **celery**, **capsicum**, **carrot** and **corn**, stirring, until softened, **5 minutes**.



## Bake the quesadillas

- 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 inside the quesadillas.



## Cook the pork filling

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Add **pulled pork**, **Tex-Mex spice blend**, **tomato paste** and **mild chipotle sauce** and cook until fragrant, **2 minutes**.
- Add the **water** and **brown sugar**, then stir to combine. Cook until heated through, **1 minute**.



## Serve up

- Divide Tex-Mex pulled pork and veggie quesadillas between plates.
- Serve with **Greek-style yoghurt**. Enjoy!

## Rate your recipe

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