



Easy Southern Pork & Veggie Quesadillas

with Garlic Aioli

KID FRIENDLY

Grab your meal kit with this number

12



Onion



Carrot



Courgette



Celery



Sweetcorn



Pork Mince



All-American Spice Blend



Tomato Paste



Baby Leaves



Mini Flour Tortillas



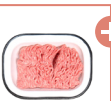
Shredded Cheddar Cheese



Garlic Aioli



Beef Mince



Pork Mince

Prep in: 10-20 mins
Ready in: 25-35 mins

Juicy Southern-spiced pork, garlic aioli and melted Cheddar cheese; it's hard to resist these incredibly delicious quesadillas. Plus, it takes less than 30 minutes to have this fun feast on your dinner table!

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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	½	1
carrot	1	2
courgette	1	2
celery	1 stalk	2 stalks
sweetcorn	1 medium tin	1 large tin
pork mince	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
butter*	20g	40g
brown sugar*	½ tsp	1 tsp
baby leaves	1 small packet	1 medium packet
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3633kJ (868cal)	269kJ (64cal)
Protein (g)	40.6g	3g
Fat, total (g)	48.1g	3.6g
- saturated (g)	20g	1.5g
Carbohydrate (g)	66.5g	4.9g
- sugars (g)	17.7g	1.3g
Sodium (mg)	1969mg	145.8mg
Dietary Fibre (g)	17.1g	1.3g

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

2024 | CW33



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **onion** (see ingredients). Grate **carrot**. Slice **courgette** into half-moons. Finely chop **celery**.
- Drain **sweetcorn**.

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



Bake the quesadillas

- Arrange **mini flour tortillas** on 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**.
- Bake **quesadillas** until cheese has melted and tortillas are golden, **10-12 minutes**. Spoon any overflowing filling back into the quesadillas.



Cook the pork filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork mince**, **onion**, **carrot**, **celery** and **courgette**, breaking mince up with a spoon, until just browned, **4-5 minutes**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Add **All-American spice blend**, **sweetcorn**, **tomato paste**, the **water**, **butter** and **brown sugar** and cook, stirring, until fragrant, **1-2 minutes**.
- Add **baby leaves** to the filling and toss until wilted.

TIP: Add a splash of water if the mixture looks dry!



Serve up

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

CUSTOM OPTIONS



SWAP TO BEEF MINCE
Follow method above.



DOUBLE PORK MINCE
Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

