



Tex-Mex Pulled Pork Quesadillas

with Cheddar Cheese & Yoghurt

KID FRIENDLY

Grab your meal kit with this number

41



Celery



Capsicum



Carrot



Sweetcorn



Pulled Pork



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce



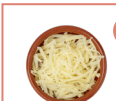
Mini Flour Tortillas



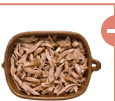
Shredded Cheddar Cheese



Greek-Style Yoghurt



Cheddar Cheese



Pulled Pork

Prep in: 25-35 mins
Ready in: 30-40 mins

Protein Rich

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.

Pantry items

Olive Oil, 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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
capsicum	1	2
carrot	½	1
sweetcorn	1 medium tin	1 large tin
pulled pork	1 medium packet	2 medium packets OR 1 large 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
water*	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2954kJ (706Cal)	658kJ (157Cal)
Protein (g)	32.3g	7.2g
Fat, total (g)	35.8g	8g
- saturated (g)	16.2g	3.6g
Carbohydrate (g)	62.4g	13.9g
- sugars (g)	17.9g	4g
Sodium (mg)	2062mg	459mg
Dietary Fibre (g)	11.3g	2.5g

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **celery** and **capsicum**.
- Grate **carrot** (see ingredients).
- Drain **sweetcorn**.

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 **pork filling** 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!



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **celery**, **capsicum**, **carrot** and **sweetcorn**, 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 into 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 quesadillas between plates.
- Serve with **Greek-style yoghurt**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



CUSTOM
OPTIONS

+ **DOUBLE CHEDDAR CHEESE**
Follow method above.

+ **DOUBLE PULLED PORK**
Follow method above.

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

