

Pulled Pork & Capsicum Quesadillas

with Creamy Avocado Slaw

SEASONAL HERO

KID FRIENDLY

Grab your meal kit with this number

33



Corn



Garlic



Capsicum



Avocado



Tex-Mex Spice Blend



Pulled Pork



Tomato Paste



Mini Flour Tortillas



Shredded Cheddar Cheese



Slaw Mix



Mayonnaise



Diced Bacon



Shredded Cheddar Cheese

Prep in: 20-30 mins
Ready in: 35-45 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 Tex-Mex style sauce to make a mouth-watering filling that's ready to be spread over tortillas and baked.

Pantry items

Olive Oil

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
corn	1	2
garlic	3 cloves	6 cloves
capsicum	1	2
avocado	1 (small)	1 (large)
Tex-Mex spice blend	1 medium sachet	1 large sachet
pulled pork	1 medium packet	2 medium packets OR 1 large packet
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
slaw mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4001kJ (956Cal)	646kJ (154Cal)
Protein (g)	37.4g	6g
Fat, total (g)	58.1g	9.4g
- saturated (g)	19.5g	3.1g
Carbohydrate (g)	71.8g	11.6g
- sugars (g)	21.6g	3.5g
Sodium (mg)	2062mg	333mg
Dietary Fibre (g)	19.7g	3.2g

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.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Slice kernels off **corn cob**.
- Finely chop **garlic**.
- Thinly slice **capsicum**.
- Slice **avocado** in half, scoop out flesh and roughly chop.



Bake the quesadillas

- Bake **quesadillas** until cheese has melted and tortillas are golden, **10-12 minutes**. Spoon any overflowing pork filling and cheese back into quesadillas.

TIP: Place a sheet of baking paper and a second oven tray on top of the quesadillas if they unfold during cooking.



Make the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **corn** and **capsicum**, stirring, until softened, **4-5 minutes**.
- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Add **garlic**, **Tex-Mex spice blend** and **pulled pork** and cook until fragrant, **2 minutes**.
- Add **tomato paste** and cook, stirring until fragrant, **2 minutes**.
- Add the **water** and stir to combine.

TIP: If the mixture looks dry, add another dash of water!



Toss the slaw

- In a large bowl, combine **slaw mix**, **avocado** and **mayonnaise**. Season to taste.

Little cooks: Kids can help toss the slaw.



Assemble the quesadillas

- Arrange **mini flour tortillas** on a lined oven tray. Divide **pork mixture** between **tortillas**, spooning it onto one half of each tortilla, then top with **shredded Cheddar cheese**.
- Fold 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**.

Little cooks: Take the lead and help assemble the quesadillas!



Finish & serve

- Divide pulled pork and capsicum quesadillas between plates.
- Serve with creamy avocado slaw. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



CUSTOM OPTIONS

+ ADD DICED BACON

Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

+ DOUBLE CHEDDAR CHEESE

Follow method above.

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

