

# Easy Southern Cheesy Pork Quesadillas

with Cucumber Salsa & Sour Cream

Grab your Meal Kit with this symbol



Garlic



Onion



Carrot



Pork Mince



Louisiana Spice Blend



Mini Flour Tortillas



Shredded Cheddar Cheese



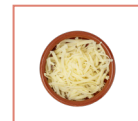
Tomato



Cucumber



Sour Cream



Shredded Cheddar Cheese

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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Hands-on: 10-20 mins  
Ready in: 20-30 mins

Juicy Southern-spiced pork, sour cream 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!



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## 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
garlic	2 cloves	4 cloves
onion	1 (medium)	1 (large)
carrot	1	2
pork mince	1 packet	1 packet
Louisiana spice blend	1 sachet	2 sachets
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
tomato	1	2
cucumber	1 (medium)	1 (large)
white wine vinegar*	drizzle	drizzle
sour cream	1 medium packet	1 large packet
shredded Cheddar cheese**	1 packet (50g)	1 packet (100g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3149kJ (753Cal)	566kJ (135Cal)
Protein (g)	42g	7.6g
Fat, total (g)	38.8g	7g
- saturated (g)	21.1g	3.8g
Carbohydrate (g)	56g	10.1g
- sugars (g)	14g	2.5g
Sodium (mg)	1611mg	290mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3596kJ (859Cal)	619kJ (147Cal)
Protein (g)	47.9g	8.2g
Fat, total (g)	48.1g	8.3g
- saturated (g)	26.8g	4.6g
Carbohydrate (g)	56g	9.6g
- sugars (g)	14g	2.4g
Sodium (mg)	1784mg	307mg

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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Finely chop **garlic** and **onion**. Grate **carrot**.



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

### CUSTOM RECIPE

If you've doubled your shredded Cheddar cheese, sprinkle it over quesadillas as above.



## Cook the pork filling

- Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **pork mince**, **onion** and **carrot**, breaking mince up with a spoon, until just browned, **4-5 minutes**.
- Add **garlic** and **Louisiana spice blend** and cook, stirring, until fragrant, **1 minute**.



## Serve up

- Meanwhile, roughly chop **tomato** and **cucumber**. In a medium bowl, combine tomato, cucumber and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Divide Southern cheesy pork quesadillas between plates.
- Serve with cucumber salsa and a dollop of **sour cream**.

## Enjoy!