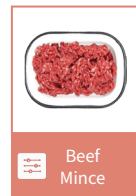
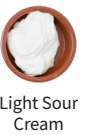
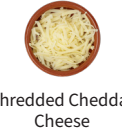
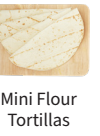
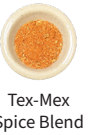
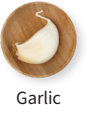


Mexican Pork Quesadillas

with Corn & Tomato Salsa



 Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Bursting with juicy spiced pork, charred corn and melted Cheddar, it's hard to resist these quesadillas. Fresh, fast and flavour-packed, tonight's dinner ticks all the boxes.



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

Pantry items

Olive Oil

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
brown onion	½	1
garlic	2 cloves	4 cloves
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
pork mince	1 small packet	1 medium packet
Tex-Mex spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
water*	⅓ cup	⅔ cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
coriander	1 bag	1 bag
tomato salsa	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3710kJ (886Cal)	645kJ (154Cal)
Protein (g)	44.8g	7.8g
Fat, total (g)	46g	8g
- saturated (g)	18.8g	3.3g
Carbohydrate (g)	66.9g	11.6g
- sugars (g)	21.3g	3.7g
Sodium (mg)	1571mg	273mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3696kJ (883Cal)	642kJ (153Cal)
Protein (g)	48.4g	8.4g
Fat, total (g)	43.8g	7.6g
- saturated (g)	18.6g	3.2g
Carbohydrate (g)	66.9g	11.6g
- sugars (g)	21.3g	3.7g
Sodium (mg)	1583mg	275mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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.com.au/contact

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Cook the pork mixture

- Preheat oven to **200°C/180°C fan-forced**. Finely chop **brown onion** (see ingredients) and **garlic**. Grate **carrot**. Drain **sweetcorn**.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Add **pork mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**.
- Add **onion** and **carrot** and cook, stirring, until softened, **5-6 minutes**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. Add **garlic**, **Tex-Mex spice blend** and **tomato paste**. Cook until fragrant, **1 minute**.
- Add the **water** and cook, stirring, until slightly thickened, **1-2 minutes**.

CUSTOM RECIPE

If you've swapped to beef mince, cook the beef mince as above.



Make the corn salsa

- Meanwhile, wipe out frying pan and return to a high heat.
- Add **sweetcorn** to pan. Cook, tossing, until golden and lightly charred, **5 minutes**. Transfer to a bowl to cool slightly.
- Roughly chop **coriander**. Add to **corn**. Season, then stir to combine.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Make the quesadillas

- Microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through. Arrange **tortillas** on a lined oven tray.
- Divide **pork mixture** among **tortillas**, spooning it onto one half of each tortilla. Top with **shredded Cheddar cheese**.
- Fold the empty half of each **tortilla** over to enclose the filling, then press down gently with a spatula. Brush or spray with a drizzle of **olive oil**, then season with **salt** and **pepper**.
- Bake until **cheese** is melted and **tortillas** are golden, **10-12 minutes**. Spoon any overflowing filling and cheese back into the quesadillas.

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

CUSTOM RECIPE

Make the quesadillas with the beef mixture.



Serve up

- Divide Mexican pork quesadillas between plates.
- Serve with charred corn, **tomato salsa** and **light sour cream**.

Enjoy!