



Baked Pork & Veggie Quesadillas

with Tomato & Sweetcorn Salsa



Grab your Meal Kit with this symbol



Brown Onion



Garlic



Carrot



Tomato



Coriander



Sweetcorn



Lemon



Pork Mince



Tex-Mex Spice Blend



Tomato Paste



Mini Flour Tortillas



Shredded Cheddar Cheese



Sour Cream

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

Juicy spiced pork, charred corn and melted Cheddar cheese, it's hard to resist these incredibly delicious quesadillas. Plus, it takes just 30 minutes to have this Mexican feast on your dinner table!

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 · two oven trays 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
tomato	1	2
coriander	1 bag	1 bag
sweetcorn	1 tin (125g)	1 tin (300g)
lemon	½	1
pork mince	1 small packet	1 medium packet
Tex-Mex spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
water*	½ cup	¾ cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3870kJ (924Cal)	645kJ (154Cal)
Protein (g)	43.8g	7.3g
Fat, total (g)	50.9g	8.5g
- saturated (g)	20.4g	3.4g
Carbohydrate (g)	65.6g	10.9g
- sugars (g)	21.5g	3.6g
Sodium (mg)	1323mg	221mg

Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Roughly chop the **tomato** and **coriander**. Drain the **sweetcorn**. Zest the **lemon** to get a **good pinch**, then slice into wedges.



4. Char the corn

While the quesadillas are baking, wipe out the frying pan and return to a high heat. Add the **sweetcorn** to the pan. Cook, tossing, until golden and lightly charred, **5 minutes**. Transfer to a large bowl and set aside to cool slightly.

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



2. Cook the pork mince

SPICY: This is a mild spice blend, but if you are very sensitive to spice, you may want to add less. In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **pork mince** and cook until browned, **3-4 minutes**. Add the **onion** and **carrot** to the frying pan and cook, stirring, until softened, **5-6 minutes**. Add the **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1 minute**. Return the pork to the frying pan. Add the **tomato paste** and **water** and cook, stirring, until slightly thickened, **1-2 minutes**.



5. Make the corn salsa

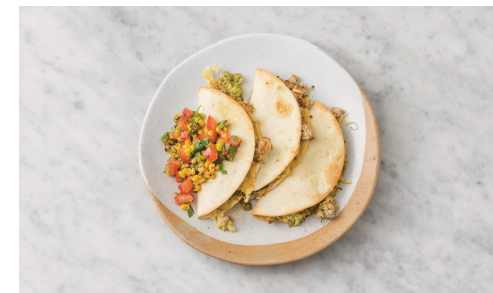
In a medium bowl, add the **tomato**, **coriander**, **lemon zest**, a **good squeeze** of **lemon juice** and a **drizzle of olive oil** to the bowl with the charred **corn**. Season with a **pinch** of **salt** and **pepper**, stir to combine.



3. Make the quesadillas

Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second** bursts, until warmed through. Arrange the **tortillas** over an oven tray lined with baking paper. Divide the **pork mixture** among the **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 the filling and press down gently with a spatula. Brush or spray the **tortillas** with a **drizzle of olive oil** and season with **salt** and **pepper**. Bake the **quesadillas** until the **cheese** has melted and the **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 another oven tray on top of the quesadillas if they unfold during cooking.



6. Serve up

Divide the quesadillas between plates. Serve with the charred corn salsa, **sour cream** and remaining lemon wedges.

Enjoy!