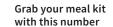


# Pulled Pork & Bean Carnitas Quesadillas

with Jalapeño Guacamole & Sour Cream

STREET FOOD









Pickled Jalapeños (Optional)









Sweetcorn

Lemon

Black Beans



Pulled Pork



Mexican Fiesta Spice Blend



**BBQ Sauce** 





Mini Flour Tortillas



Cheddar Cheese





## 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

ing. calcine			
	2 People	4 People	
olive oil*	refer to method	refer to method	
tomato	1	2	
pickled jalapeños	1 medium packet	1 large packet	
avocado	1	2	
lemon	1/2	1	
black beans	1 packet	2 packets	
sweetcorn	1 medium tin	1 large tin	
pulled pork	1 medium packet	2 medium packets OR 1 large packet	
Mexican Fiesta spice blend ∮	1 medium sachet	1 large sachet	
BBQ sauce	1 packet	2 packets	
mild chipotle sauce	1 packet	2 packets	
salt*	1/4 tsp	½ tsp	
water*	1/4 cup	½ cup	
butter*	15g	30g	
mini flour tortillas	6	12	
Cheddar cheese	1 large packet	2 large packets	
light sour cream	1 medium packet	1 large packet	

#### Nutrition

\*Pantry Items

10.01			
Avg Qty	Per Serving	Per 100g	
Energy (kJ)	4341kJ (1037Cal)	<b>591kJ</b> (141Cal)	
Protein (g)	57.5g	7.8g	
Fat, total (g)	46.1g	6.3g	
- saturated (g)	16.6g	2.3g	
Carbohydrate (g)	88.5g	12g	
- sugars (g)	21.6g	2.9g	
Sodium (mg)	2750mg	374mg	
Dietary Fibre (g)	22.3g	3g	

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.



# Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Finely chop tomato and pickled jalapeños.
- Slice avocado in half and scoop out flesh.
- Cut lemon into wedges.
- Drain and rinse black beans.
- Drain sweetcorn.



# Make the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook black beans and corn, stirring, until lightly browned, 4-5 minutes.
- SPICY! This spice blend is hot! Add less if you're sensitive to heat. Add pulled pork and Mexican Fiesta spice blend and cook, stirring, until fragrant, 1 minute.
- Stir in BBQ sauce, mild chipotle sauce, the salt, water and butter and cook until combined,
   1-2 minutes. Season with salt and pepper to taste.

TIP: Add a splash more water if the filling looks dry!



# Assemble the quesadillas

- Arrange mini flour tortillas over a lined oven tray. Divide pork mixture among tortillas, spooning it onto one half of each tortilla, then top with 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.



## Bake the quesadillas

- Bake quesadillas until cheese has melted and tortillas are golden, 10-12 minutes.
- Spoon any overflowing 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 guacamole

- Meanwhile, in a medium bowl, mash avocado with a generous squeeze of lemon juice and a drizzle of olive oil until smooth.
- **SPICY!** The jalapeños are slightly spicy, use less if you're sensitive to heat. Stir in **tomato** and **jalapeños**. Season to taste.



## Serve up

- Divide pulled pork and bean carnitas quesadillas between plates.
- Serve with jalapeño guacamole, a dollop of light sour cream and any remaining lemon wedges. Enjoy!



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