



Pulled Pork & Bean Carnitas Quesadillas

with Jalapeño Guacamole & Sour Cream

STREET FOOD

Grab your meal kit
with this number

23



Tomato



Pickled Jalapeños
(Optional)



Avocado



Lemon



Black Beans



Sweetcorn



Pulled Pork



Mexican Fiesta
Spice Blend



BBQ Sauce



Mild Chipotle
Sauce



Mini Flour
Tortillas



Cheddar Cheese



Light Sour
Cream

Prep in: **25-35 mins**
Ready in: **40-50 mins**

Enjoy a fiesta of flavours with our carnitas quesadillas! Tender pulled pork, smokey spices, hearty beans and melted cheese are sandwiched between crispy tortillas. Top it all off with a dollop of jalapeño guac and sour cream! and you'll be transported to the streets of Mexico.

Pantry items

Olive Oil, Butter

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
tomato	1	2
pickled jalapeños ✓ (optional)	1 medium packet	1 large packet
avocado	1	2
lemon	½	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*	¼ tsp	½ tsp
water*	¼ 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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4341kJ (1037Cal)	591kJ (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**.



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 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!



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.



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**.



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!

We're here to help!

Scan here if you have any questions or concerns



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