



Smokey BBQ Pork Quesadillas

with Corn & Baby Spinach Salsa

Grab your Meal Kit with this symbol



Garlic



Celery



Sweetcorn



Carrot



Tomato Paste



All-American Spice Blend



BBQ Sauce



Mini Flour Tortillas



Baby Spinach Leaves



Pork Mince



Shredded Cheddar Cheese



Greek-Style Yoghurt

Prep in: **20-30** mins
Ready in: **30-40** mins

Stuff flour tortillas with American-style pork mince, bake them with a healthy sprinkle of cheese, and meet your new favourite weeknight recipe!

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
celery	1 medium packet	1 large packet
sweetcorn	1 medium tin	1 large tin
carrot	1	2
pork mince	1 small packet	1 medium packet
All-American spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
BBQ sauce	1 packet	2 packets
water*	½ cup	1 cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 large packet	2 large packets
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3626kJ (867Cal)	661kJ (158Cal)
Protein (g)	49.3g	9g
Fat, total (g)	41.8g	7.6g
- saturated (g)	20.3g	3.7g
Carbohydrate (g)	68.5g	12.5g
- sugars (g)	27g	4.9g
Sodium (mg)	1697mg	309mg

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 **garlic**. Finely chop **celery**. Drain **sweetcorn**. Grate **carrot**.



Bake the quesadillas

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

TIP: Place a sheet of baking paper and another oven tray on top of the quesadillas if they unfold during cooking.



Cook the pork

- Heat a large frying pan over a high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- Return the frying pan to a high heat with a drizzle of **olive oil**. Once hot, cook **pork mince**, **celery** and **carrot**, breaking the **mince** up with a spoon, until browned, **4-5 minutes**.
- Reduce heat to medium, then add **garlic** and **All-American spice blend**. Cook until fragrant, **1 minute**.
- Remove from the heat. Stir through **tomato paste**, **BBQ sauce** and the **water**. Season with **salt** and **pepper**.

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



Make the salsa

- Meanwhile, roughly chop **baby spinach leaves**.
- To the bowl with the charred **corn**, add **spinach** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine. Season to taste.



Assemble the quesadillas

- Arrange **mini flour tortillas** over a lined oven tray. Divide the **pork mixture** among the **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 with a spatula. Brush or spray the **tortillas** with a drizzle of **olive oil**, then season.



Serve up

- Divide the smoky BBQ pork quesadillas between plates.
- Serve with **Greek-style yoghurt** and corn salsa. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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