





Mexican-Inspired Pork Quesadillas

with Tomato-Sweet Bell Pepper Salsa







Family Friendly 25-35 Minutes

Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

 Ground Beef 250 g 500 g	 Beyond Meat® 2 4
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 Ground Pork 250 g 500 g	 Sweet Bell Pepper 1 2
 Tomato 2 4	 Lemon 1 1
 Flour Tortillas 6 12	 Mexican Seasoning 2 tbsp 4 tbsp
 Yellow Onion ½ 1	 Monterey Jack Cheese, shredded 1 cup 2 cups
 Sour Cream 3 tbsp 6 tbsp	 Tomato Sauce Base 2 tbsp 4 tbsp
 Garlic, cloves 1 2	 Cilantro 7 g 7 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Medium bowl, measuring spoons, zester, large bowl, small bowl, large non-stick pan, paper towels

1



Prep

• Before starting, wash and dry all produce.

- Core, then cut **pepper** into ¼-inch pieces.
- Cut **tomatoes** into ¼-inch pieces.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **remaining lemon** into wedges.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Roughly chop **cilantro**.

2



Make salsa and crema

- Add **tomatoes, lemon juice, half the peppers, half the cilantro, 1 tbsp** (2 tbsp) **onions, ½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a medium bowl. Season with **salt** and **pepper**, then stir to combine.
- Add **sour cream, lemon zest** and **½ tbsp** (1 tbsp) **water** to a small bowl. Season with **salt** and **pepper**, then stir to combine.

3



Cook pork and veggies

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Break up **pork** into smaller pieces.
- Add **remaining onions** and **remaining peppers**. Cook, stirring occasionally, until no pink remains in **pork**, 4-5 min.**
- Carefully drain and discard excess fat.
- Add **tomato sauce base, garlic, Mexican Seasoning** and **2 tbsp** (4 tbsp) **water**.
- Cook, stirring often, until **pork** and **veggies** are coated, 1-2 min.

4



Make quesadilla filling

- Remove the pan from heat, then transfer **pork mixture** to a large bowl.
- Add **cheese**. Season with **salt** and **pepper**, then stir to combine.
- Carefully wipe the pan clean.

5



Make quesadillas

- Arrange **tortillas** on a clean surface.
- Spread **pork filling** evenly over one side of **each tortilla**. Fold **tortillas** in half to enclose **filling**.
- Reheat the same pan (from step 3) over medium-high.
- When the pan is hot, add **3 quesadillas** to the dry pan. Cook until golden-brown, 1-2 min per side.
- Transfer **quesadillas** to a plate.
- Reduce heat to medium and repeat with **remaining quesadillas**.

6



Finish and serve

- Cut **quesadillas** into wedges.
- Divide **quesadillas** between plates.
- Serve **tomato-sweet bell pepper salsa** and **lemon crema** alongside.
- Sprinkle with **remaining cilantro**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Cook beef and veggies

Swap | **Ground Beef**

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **pork****

3 | Cook Beyond Meat® and veggies

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way as the **pork**, until cooked through, 5-6 min.**

** Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.