

Customized Protein Add

HELLO Mexican-Inspired Pork Quesadillas

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 🎥

with Tomato-Sweet Bell Pepper Salsa

2 Double

Family Friendly 25-35 Minutes

🚫 Swap





250 g | 500 g



Ground Pork

Pepper



250 g | 500 g





1 2

2 | 4



Flour Tortillas



1 | 1

6 | 12





Yellow Onion

1/2 | 1



Monterey Jack Cheese, shredded





Sour Cream

3 tbsp | 6 tbsp



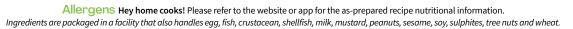
Tomato Sauce 2 tbsp | 4 tbsp



Garlic, cloves 1 2



Cilantro 7g | 7g



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



Prep

- · Before starting, wash and dry all produce.
- Core, then cut pepper into ¼-inch pieces.
- Cut **tomatoes** into 1/4-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.



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.



Measurements

within steps

the pork.**

and veggies

1 tbsp

3 | Cook beef and veggies

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

O Swap | Ground Beef

3 | Cook Beyond Meat®

🔘 Swap | Beyond Meat®

If you've opted to get **Beyond Meat**®, season

it in the same way the recipe instructs you

to season the pork. To cook Beyond Meat®,

pan-fry over medium-high heat, breaking up

patties into bite-sized pieces, until crispy, 5-6

min.** Follow the rest of the recipe as written.

(2 tbsp)

oil

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.



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.



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.



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.

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

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