



# UCOOK

## Mexican Pork Quesadillas

with sour cream & fresh parsley

Succulent pork fillet, mozzarella cheese and our take on a Pico de gallo; pickled jalapeños, fresh cucumber and zingy tomato. All these beautiful elements are packed inside a soft flour tortilla which is then toasted to perfection, until the cheese melts and the tortilla is golden and crisp!

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 3 People


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**Chef:** Hannah Duxbury

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 Quick & Easy

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 Boschendal | Chardonnay Pinot Noir

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## Ingredients & Prep

450g	Pork Fillet <i>cut into strips</i>
22,5ml	NOMU Spanish Rub
30g	Pickled Jalapeños <i>drained &amp; roughly chopped</i>
2	Tomatoes <i>1½ diced</i>
150g	Cucumber <i>roughly chopped</i>
2	Onions <i>1½ peeled &amp; roughly diced</i>
45ml	Red Wine Vinegar
6	Wheat Flour Tortillas
150g	Grated Mozzarella
85ml	Sour Cream
120g	Guacamole
12g	Fresh Parsley <i>rinse &amp; pickled</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. PORK TIME** Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, add the pork strips and the rub and fry for 4-6 minutes or until cooked through, shifting occasionally.

**2. PICO BOO** To make the Pico de gallo, combine the chopped jalapeños, the diced tomato, the chopped cucumber, the diced onion, and the vinegar. Season to taste and set aside in the fridge.

**3. THAT'S NOT THE QUES** Return the pan to a high heat. When hot, add 1 tortilla and top with some of the mozzarella, some of the pork slices, and some of the Pico de gallo. Then sandwich with another tortilla. Get ready to flip! Cover the pan with a chopping board or a plate. Flip the pan quickly (and with confidence!), so the quesadilla flips onto the board or plate. Slide the quesadilla back into the pan, so the untoasted side is on the base of the pan. Fry for a further 1-2 minutes until the cheese is melted. Repeat with the remaining quesadillas. On completion, cut each quesadilla into quarters.

**4. FEAST-ESTA!** Serve up the quesadilla triangles with a dollop of sour cream, a spoon of guac, and the pickled parsley. Serve any remaining Pico de gallo on the side. Amazing work, Chef!

## Nutritional Information

Per 100g

Energy	535kJ
Energy	128Kcal
Protein	8.2g
Carbs	10g
of which sugars	2.5g
Fibre	1.4g
Fat	5.6g
of which saturated	2.3g
Sodium	207.9mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 2  
Days