



# 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:** 10 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person


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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

150g	Pork Fillet <i>cut into strips</i>
7,5ml	NOMU Spanish Rub
10g	Pickled Jalapeños <i>drained &amp; roughly chopped</i>
1	Tomato <i>½ diced</i>
50g	Cucumber <i>roughly chopped</i>
1	Onion <i>½ peeled &amp; roughly diced</i>
15ml	Red Wine Vinegar
2	Wheat Flour Tortillas
50g	Grated Mozzarella
30ml	Sour Cream
40g	Guacamole
4g	Fresh Parsley <i>rinsed &amp; picked</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 the mozzarella, the pork slices, and some of the Pico de gallo. Then sandwich with the remaining 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. On completion, cut into quarters.

**4. FEAST-ESTA!** Serve up the quesadilla triangles with a dollop of sour cream, a spoon of guac, and the picked 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