



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!


Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 2 People

Chef: Hannah Duxbury

 Quick & Easy

 Boschendal | Chardonnay Pinot Noir

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Ingredients & Prep

300g	Pork Fillet <i>cut into strips</i>
15ml	NOMU Spanish Rub
20g	Pickled Jalapeños <i>drained & roughly chopped</i>
1	Tomato <i>diced</i>
100g	Cucumber <i>roughly chopped</i>
1	Onion <i>peeled & roughly diced</i>
30ml	Red Wine Vinegar
4	Wheat Flour Tortillas
100g	Grated Mozzarella
65ml	Sour Cream
80g	Guacamole
8g	Fresh Parsley <i>rinsed & 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 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 quesadilla. 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 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