


 FOR THE
 Little ONES

 Diced
 tomato &
 Mashed avo

 PORK & CHEESE
 QUESADILLA

Cheesy enchiladas

Mexican pork mince rolled up in wraps and topped with mild sauce and melty cheese.

 30 Minutes

 2 Servings

 PORK

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	86g	105g	116g

FROM YOUR BOX

PORK MINCE	500g
TOMATO SUGO	1 jar
TOMATO	1
AVOCADO	1
WHEAT TORTILLAS	1 packet
SHREDDED CHEDDAR	1 packet

FROM YOUR PANTRY

oil for cooking, smoked paprika, salt, pepper

COOKING TOOLS

large frypan, oven dish

Make tacos or quesadillas instead, if you prefer! Or add corn chips for some simple nachos!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - wheat tortillas are replaced with corn tortillas. Toast for 20 seconds in a dry frypan and enjoy this dish as tacos.



1. COOK the PORK

Set oven to 220°C, grill setting.

Heat a large frypan with **oil** over medium-high heat. Add **mince** and cook, using a spatula to break up the **mince**. Season with **3 tsp smoked paprika**.



2. STIR in the SUGO & SIMMER

Stir in **1/2 jar tomato sugo** and **1/4 cup water**. Cook for a further 3-4 minutes. Season to taste with **salt and pepper**.

tip Boost the flavour by adding 2 tsp cumin.



3. PREPARE the GARNISH

Dice **tomato** and **avocado**. Add to serving bowls and take to the table.

tip Mash the avocado to make a quick guacamole if you prefer!



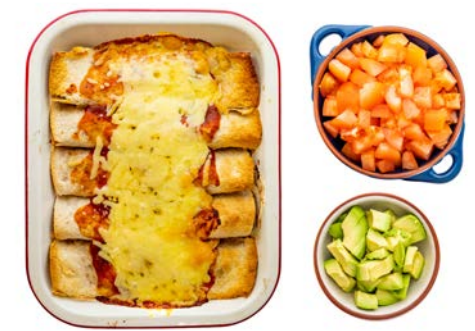
4. ASSEMBLE the ENCHILADAS

Add even amounts of **pork mince filling** to **tortillas**, roll up and arrange in an oven dish.



5. BAKE the ENCHILADAS

Spoon over **remaining sugo** and top with **cheddar** (use to taste). Bake in the oven for 5 minutes or until **cheese** is melted and golden.



6. FINISH AND SERVE

Serve the **enchiladas** at the table with **tomato**, **avocado**, and any **remaining cheese**.

tip Serve with lime wedges, coriander or chilli for an extra flavour boost.