



Samosa-Style Lamb & Potato Filo Parcels

with Cucumber Salad & Mint Yoghurt

SKILL UP

NEW

Grab your Meal Kit with this symbol



Potato



Onion



Garlic



Lamb Mince



Sri Lankan Spice Blend



Chicken-Style Stock Powder



Filo Pastry



Cucumber



Mint



Greek-Style Yoghurt



Mixed Salad Leaves



Beef Mince

Prep in: 20-30 mins
Ready in: 40-50 mins
Calorie Reduced*



*Custom Recipe is not Calorie Reduced

Time to unleash your inner chef! A savoury and mildly spiced mix of lamb mince, onion and potato is carefully folded into layers of flaky filo, creating the perfect hand held meal. The crispy, golden exterior promises unmatched levels of crunch, perfectly offset by the tender warmth of the filling. These delicious triangles of goodness are the ultimate street food sensation!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
onion	½	1
garlic	2 cloves	4 cloves
lamb mince	1 medium packet	2 medium packets OR 1 large packet
Sri Lankan spice blend	1 medium sachet	1 large sachet
chicken-style stock powder	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
filo pastry	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
mint	1 packet	1 packet
Greek-style yoghurt	1 medium packet	2 medium packets
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2279kJ (545Cal)	480kJ (115Cal)
Protein (g)	37g	7.8g
Fat, total (g)	16.3g	3.4g
- saturated (g)	4.2g	0.9g
Carbohydrate (g)	61.7g	13g
- sugars (g)	15.8g	3.3g
Sodium (mg)	1039mg	219mg
Dietary Fibre (g)	6g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2723kJ (650Cal)	573kJ (136Cal)
Protein (g)	40.1g	8.4g
Fat, total (g)	25.4g	5.3g
- saturated (g)	9.1g	1.9g
Carbohydrate (g)	61.7g	13g
- sugars (g)	15.8g	3.3g
Sodium (mg)	1019mg	214mg
Dietary fibre	6g	1.3g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Cut **potato** into bite-sized chunks. Finely chop **onion** (see ingredients) and **garlic**.



Assemble the parcels

- Lay 1 **filo pastry sheet** on a dry surface and fold in half lengthways into a long strip. Spoon 2 heaped tablespoons of **lamb mixture** at one end of the filo strip.
- Fold the **pastry** diagonally over the filling to form a triangle. Then fold the triangle horizontally upwards. Then fold it back over to the other side and continue like this until the end to make a triangular parcel.
- Place on a lined oven tray. Repeat for remaining **filo sheets** and **lamb mixture**.
- Brush **parcels** with **olive oil** and bake until golden, **15-20 minutes**.



Cook the potato

- Half-fill a medium saucepan with boiling water and add a generous pinch of **salt**.
- Cook **potato** in boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain.



Make the mint yoghurt

- Meanwhile, thinly slice **cucumber**. Pick **mint leaves** and thinly slice.
- In a small bowl, combine **mint** and **Greek-style yoghurt**. Season with **salt** and **pepper**.
- In a medium bowl, combine **mixed salad leaves**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Make the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **lamb mince** and **onion**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **Sri Lankan spice blend** and **garlic**, and cook, stirring, until fragrant, **1 minute**.
- Add **chicken-style stock powder** and the **honey**. Stir to combine, then remove from the heat.
- Add **cooked potato** and lightly crush with a fork, stirring to combine. Season to taste.

Custom Recipe: If you've swapped to beef mince, heat frying pan over high heat. Cook beef mince (no need for oil!) along with onion, breaking up with a spoon, until just browned, 4-5 minutes. Continue with recipe as above.



Serve up

- Divide samosa-style lamb and potato filo parcels and cucumber salad between plates.
- Serve with mint yoghurt. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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