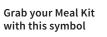


Samosa-Style Lamb & Potato Filo Parcels with Cucumber Salad & Mint Yoghurt

NEW













Sri Lankan



Stock Powder

Cucumber

Lamb Mince

Spice Blend



Filo Pastry







Mixed Salad Leaves



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!



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 \cdot Large frying pan \cdot Oven tray lined with baking paper

Ingredients

ingredients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	1	2		
onion	1/2	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 Recine		

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** 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.



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 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.



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.



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.



Serve up

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

