



# Curried Veggie Filo Parcels

with Cucumber Salad & Minty Garlic Dip

NEW



Grab your Meal Kit with this symbol



Potato



Carrot



Onion



Garlic



Coriander



Sweetcorn



Curry Powder



Tamarind Paste



Vegetable Stock Powder



Filo Pastry



Cucumber



Mint



Garlic Dip



Mixed Salad Leaves



Chicken Breast

Prep in: 20-30 mins  
Ready in: 45-55 mins



Plant Based<sup>^</sup>



Calorie Smart<sup>^</sup>

<sup>^</sup>Custom Recipe is not Plant Based or Calorie Smart



Eat Me Early\*

\*Custom Recipe only

These crispy parcels are like your own personal handheld pie! Flaky filo has been wrapped around a flavour-packed filling of hearty veggies with pops of sweetcorn for ultimate satisfaction. Served with a refreshing cucumber salad and a tangy garlic dip, this combo might be our new favourite!

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

### Pantry items

Olive Oil, Brown Sugar, 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
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
carrot	1	2
onion	1	2
garlic	2 cloves	4 cloves
coriander	1 packet	1 packet
sweetcorn	1 medium tin	1 large tin
curry powder	1 sachet	2 sachets
tamarind paste	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
<b>brown sugar*</b>	1 tbs	2 tbs
filo pastry	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
mint	1 packet	1 packet
garlic dip	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2409kJ (576Cal)	471kJ (113Cal)
Protein (g)	10.1g	2g
Fat, total (g)	23.7g	4.6g
- saturated (g)	2.1g	0.4g
Carbohydrate (g)	79.1g	15.4g
- sugars (g)	18.4g	3.6g
Sodium (mg)	1038mg	203mg
Dietary Fibre (g)	12.4g	2.4g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3180kJ (760Cal)	461kJ (110Cal)
Protein (g)	49g	7.1g
Fat, total (g)	26.9g	3.9g
- saturated (g)	3.1g	0.4g
Carbohydrate (g)	80.1g	11.6g
- sugars (g)	18.5g	2.7g
Sodium (mg)	1173mg	170mg
Dietary fibre	12.4g	1.8g

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://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Boil the veggies

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle. Cut **potato** into large chunks. Cut **carrot** into bite-sized chunks.
- Half-fill a medium saucepan with boiling water and add a generous pinch of **salt**.
- Cook **veggies** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain.



## Assemble the parcels

- Lay a **filo pastry sheet** on a dry surface and fold in half.
- Spoon **veggie mixture** in the centre of **filo sheet**. Fold sides over and roll into a **parcel**.
- Place on a lined oven tray. Repeat with remaining **filo sheets** and **veggie mixture**.
- Brush **parcels** with **olive oil** and bake until golden, **15-20 minutes**.

**Custom Recipe:** Spoon veggie mixture and chicken in the centre of filo sheet.



## Get prepped

- Meanwhile, finely chop **onion** and **garlic**. Roughly chop **coriander**. Drain **sweetcorn**.

**Custom Recipe:** If you've added chicken breast, cut into 2cm chunks.



## Make the dip & salad

- Meanwhile, slice **cucumber** into half-moons. Finely chop **mint**.
- When parcels have **5 minutes** remaining, combine **garlic dip** and **mint** in a small bowl. Season to taste.
- 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 **onion** and **corn** until tender, **3-5 minutes**.
- Add **garlic** and **curry powder** and cook, stirring, until fragrant, **1 minute**.
- Add **tamarind paste**, **vegetable stock powder** and the **brown sugar** and stir to combine, then remove from heat.
- Add **cooked veggies** and **coriander**. Stir to combine, then lightly crush **mixture** with a fork. Season to taste.

**Custom Recipe:** After making filling, transfer to a bowl. Wipe out and return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.



## Serve up

- Divide curried veggie filo parcels and cucumber salad between plates.
- Serve with minty garlic dip. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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