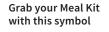


# Curried Veggie Filo Parcels with Cucumber Salad & Minty Garlic Dip

NEW

















Coriander

Sweetcorn





Curry Powder

**Tamarind Paste** 







Vegetable Stock Powder







Cucumber

Filo Pastry



Garlic Dip

Mixed Salad Leaves



**Pantry items** Olive Oil, Brown Sugar, White Wine Vinegar

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



Plant Based^

Calorie Smart<sup>^</sup>

^Custom Recipe is not Plant Based or Calorie Smart These crispy parcels are like your own personal handheld pie! Flaky filo has been wrapped around a flavourpacked 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!

#### 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

 $\label{eq:medium} \mbox{Medium saucepan} \cdot \mbox{Large frying pan} \cdot \mbox{Oven tray lined with} \\ \mbox{baking paper}$ 

# Ingredients

ingi edients				
	2 People	4 People		
olive oil*	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		
brown sugar*	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		
white wine vinegar*	drizzle	drizzle		
chicken breast**	1 medium packet	2 medium packets OR 1 large packet		

<sup>\*</sup>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
Diotary fibro	12 /σ	1 Ωσ

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.



# 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.



# 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 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.



### 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.



#### 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.



# Serve up

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

