

# Beef Borek Filo Snail

with Carrot Salad & Garlic Yoghurt

SKILL UP

Grab your meal kit with this number

41



Carrot



Onion



Garlic



Flaked Almonds



Beef Mince



Tomato Paste



Middle Eastern Seasoning



Filo Pastry



Greek-Style Yoghurt



Mixed Salad Leaves



Pork Mince



Beef & Pork Mince

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

Calorie Smart

Time to unleash your inner chef! Unravel the layers of flavour hidden within this dish, with tender, spiced beef encased in crunchy filo. Paired with a carrot salad and a side of tangy garlic yoghurt, this dish is a twist on tradition which is sure to please!

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
onion	1	2
garlic	3 cloves	6 cloves
flaked almonds	1 packet	2 packets
beef mince	1 medium packet	2 medium packets OR 1 large packet
tomato paste	1 packet	2 packets
Middle Eastern seasoning	1 sachet	2 sachets
<b>water*</b>	¼ cup	½ cup
filo pastry	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2685kJ (642Cal)	595kJ (142Cal)
Protein (g)	39.3g	8.7g
Fat, total (g)	25.6g	5.7g
- saturated (g)	9.4g	2.1g
Carbohydrate (g)	62.3g	13.8g
- sugars (g)	15.7g	3.5g
Sodium (mg)	971mg	215mg
Dietary Fibre (g)	11.4g	2.5g

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.



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Grate **carrot**. Finely chop **onion** and **garlic**.
- Heat a large frying pan over medium-high heat. Toast flaked **almonds**, tossing, until golden, **2-3 minutes**. Set aside.



## Make the garlic yoghurt

- Meanwhile, wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste.



## Make the filling

- Return large frying pan to high heat with a drizzle of **olive oil**. Cook **beef mince** and **onion**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **tomato paste**, **Middle Eastern seasoning** and half the **garlic**, then cook until fragrant, **1-2 minutes**.
- Reduce heat to medium, add the **water**, then simmer until slightly reduced, **2-3 minutes**. Season with **salt** and **pepper**. Remove from heat.

**TIP:** Add a splash of water if the filling looks dry.



## Make the salad

- In a medium bowl, combine **mixed salad leaves**, **carrot**, **flaked almonds** and a drizzle of **vinegar** and **olive oil**. Season to taste.



## Assemble the borek

- Lay a **filo pastry sheet** on a dry surface and brush with **olive oil**. Top with another **filo sheet**. Repeat with remaining sheets to make 2 stacks (you'll have 1 sheet of filo left over!).
- Divide **beef filling mixture** along the long edge of the filo stacks. Roll the **filo** to enclose **filling**, making 2 logs.
- Put a **log** on a lined oven tray and curl to form a snail. Repeat with remaining **filo log**.
- Brush with **olive oil** and bake for **20 minutes**, until golden and crisp.



## Serve up

- Divide beef borek filo snails and carrot salad between plates.
- Serve with garlic yoghurt. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



CUSTOM  
OPTIONS



SWAP TO PORK MINCE  
Follow method above.



SWAP TO BEEF & PORK MINCE  
Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

