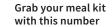


# Beef Borek Filo Snail & Carrot Salad

with Garlic Yoghurt

SKILL UP















Flaked Almonds





Tomato Paste





Middle Eastern Seasoning

Filo Pastry







Greek-Style Yoghurt

Mixed Salad Leaves







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



#### 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

| ingi caici ico                          |                 |                                       |  |
|---|-----------------|---------------------------------------|--|
|   | 2 People        | 4 People                              |  |
| olive oil*                              | 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<br>OR 1 large packet |  |
| tomato paste                            | 1 packet        | 2 packets                             |  |
| Middle Eastern seasoning                | 1 medium sachet | 2 medium sachets                      |  |
| water*                                  | 1/4 cup         | ½ cup                                 |  |
| filo pastry                             | 1 medium packet | 1 large packet                        |  |
| Greek-style<br>yoghurt                  | 1 medium packet | 1 large packet                        |  |
| mixed salad<br>leaves                   | 1 small packet  | 1 medium packet                       |  |
| vinegar*<br>(white wine or<br>balsamic) | drizzle         | drizzle                               |  |

<sup>\*</sup>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 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. Transfer to a bowl.



# 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.



#### 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** 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.



# 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 salad

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

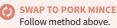


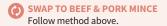
## Serve up

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









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

