

Beef Borek Filo Snail & Carrot Salad

with 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
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 OR 1 large packet
tomato paste	1 packet	2 packets
Middle Eastern seasoning	1 medium sachet	2 medium sachets
water*	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
vinegar* (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 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 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** 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 | CW30



**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.

