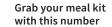


# Beef Borek Filo Snail & Carrot Salad

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

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	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*	1/4 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	

<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.



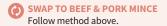
## Serve up

- 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.

