

# Beef Borek Filo Snail & Garlic Yoghurt

with Carrot Salad

SKILL UP

Grab your meal kit with this number

39



Carrot



Onion



Garlic



Roasted 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

Protein Rich

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                              |
| roasted almonds                             | ½ packet        | 1 packet                              |
| beef mince                                  | 1 medium packet | 2 medium packets<br>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><br>(white wine or balsamic) | drizzle         | drizzle                               |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving     | Per 100g      |
|-------------------|-----------------|---------------|
| Energy (kJ)       | 2567kJ (614cal) | 302kJ (72cal) |
| Protein (g)       | 38.2g           | 4.5g          |
| Fat, total (g)    | 25.2g           | 3g            |
| - saturated (g)   | 9.1g            | 1.1g          |
| Carbohydrate (g)  | 57.6g           | 6.8g          |
| - sugars (g)      | 12.9g           | 1.5g          |
| Sodium (mg)       | 646mg           | 76mg          |
| Dietary Fibre (g) | 9.5g            | 1.1g          |

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**.
- Roughly chop **roasted almonds** (see ingredients).



## 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

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **beef mince** and **onion**, breaking up beef with a spoon, until just browned, **4-5 minutes**.
- Add **tomato paste**, **Middle Eastern seasoning**, **almonds** 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** and 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** 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 | CW39



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.

