

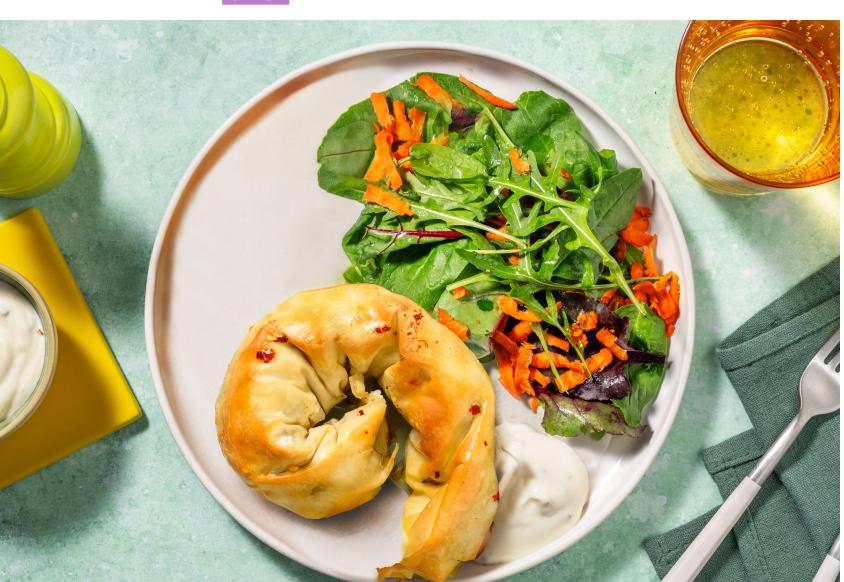
# Beef Borek Filo Snail & Garlic Yoghurt

with Carrot Salad

SKILL UP

Grab your meal kit with this number













Roasted Almonds





Tomato Paste





Filo Pastry



Yoghurt



Mixed Salad Leaves





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!



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

9		
	2 People	4 People
olive oil*	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 OR 1 large packet
tomato paste	1 packet	2 packets
Middle Eastern seasoning	1 sachet	2 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)	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 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 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.



#### 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.



# 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 and a drizzle of vinegar and olive oil.
Season to taste.



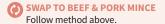
# Serve up

- 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.

