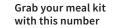


# Samosa-Style Lamb & Potato Filo Parcels with Cucumber Salad & Mint Yoghurt

SKILL UP















Lamb Mince



Chicken-Style

Mumbai Spice Blend

Stock Powder





Filo Pastry





Greek-Style Yoghurt

Cucumber



Leaves





Prep in: 20-30 mins Ready in: 40-50 mins

Calorie Smart



**Protein Rich** 

Time to unleash your inner chef! A savoury and mildly spiced mix of lamb mince, onion and potato is carefully folded into layers of flaky filo, creating the perfect hand held meal. The crispy, golden exterior promises unmatched levels of crunch, perfectly offset by the tender warmth of the filling. These delicious triangles of goodness are the ultimate street food sensation!

**Pantry items** 

Olive Oil, Honey, White Wine Vinegar

#### 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

 $\label{eq:medium} \mbox{Medium saucepan} \cdot \mbox{Large frying pan} \cdot \mbox{Oven tray lined with baking paper}$ 

### Ingredients

| ingi calcino                  |                 |                                       |  |
|-------------------------------|-----------------|---------------------------------------|--|
|                               | 2 People        | 4 People                              |  |
| olive oil*                    | refer to method | refer to method                       |  |
| potato                        | 1               | 2                                     |  |
| onion                         | 1/2             | 1                                     |  |
| garlic                        | 2 cloves        | 4 cloves                              |  |
| lamb mince                    | 1 medium packet | 2 medium packets<br>OR 1 large packet |  |
| Mumbai spice<br>blend         | ½ sachet        | 1 sachet                              |  |
| chicken-style<br>stock powder | 1 medium sachet | 1 large sachet                        |  |
| honey*                        | 1 tsp           | 2 tsp                                 |  |
| filo pastry                   | 1 medium packet | 1 large packet                        |  |
| cucumber                      | 1 (medium)      | 1 (large)                             |  |
| mint                          | 1 packet        | 1 packet                              |  |
| Greek-style yoghurt           | 1 medium packet | 1 large packet                        |  |
| mixed salad<br>leaves         | 1 small packet  | 1 medium packet                       |  |
| white wine<br>vinegar*        | drizzle         | drizzle                               |  |
|                               |                 |                                       |  |

<sup>\*</sup>Pantry Items

#### **Nutrition**

| Avg Qty           | Per Serving     | Per 100g       |
|-------------------|-----------------|----------------|
| Energy (kJ)       | 2181kJ (496cal) | 496kJ (113cal) |
| Protein (g)       | 34.7g           | 7.9g           |
| Fat, total (g)    | 15.9g           | 3.6g           |
| - saturated (g)   | 3.9g            | 0.9g           |
| Carbohydrate (g)  | 58.9g           | 13.4g          |
| - sugars (g)      | 5.6g            | 1.3g           |
| Sodium (mg)       | 1019mg          | 231.6mg        |
| Dietary Fibre (g) | 7.1g            | 1.6g           |
|                   |                 |                |

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 240°C/220°C fan-forced.
  Boil the kettle.
- · Cut potato into bite-sized chunks.
- Finely chop onion (see ingredients) and garlic.



# Cook the potato

- Half-fill a medium saucepan with boiling water and add a generous pinch of salt.
- Cook potato in boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
   Drain and set aside.



# Make the filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook lamb mince and onion, breaking up with a spoon, until just browned, 4-5 minutes.
- Add Mumbai spice blend (see ingredients) and garlic and cook, stirring until fragrant, 1 minute.
- Add chicken-style stock powder and the honey. Stir to combine, then remove pan from heat.
- Add cooked potato and lightly crush with a fork, stirring to combine. Season to taste.

# Assemble the parcels

- Lay 1 sheet of **filo pastry** on a dry surface and fold in half lengthways into a long strip. Spoon 2 heaped tablespoons of **lamb mixture** on one end of the filo strip.
- Fold the pastry diagonally over the filling to form a triangle. Then fold the triangle horizontally upwards. Then fold it back over to the other side and continue like this until the end to make a triangular parcel.
- Place parcels on a lined oven tray. Repeat for remaining filo sheets and lamb mixture.
- Brush parcels with olive oil and bake until golden, 15-20 minutes.



#### Make the mint yoghurt

- Meanwhile, thinly slice cucumber.
- Pick mint leaves and thinly slice.
- In a small bowl, combine mint and Greek-style yoghurt. Season with salt and pepper.
- In a medium bowl, combine mixed salad leaves, cucumber and a drizzle of white wine vinegar and olive oil. Season to taste.



#### Serve up

- Divide samosa-style lamb and potato filo parcels and cucumber salad between plates.
- Serve with a dollop of mint yoghurt. Enjoy!







