

Samosa-Style Lamb & Potato Filo Parcels

with Cucumber Salad & Mint Yoghurt

SKILL UP

Grab your meal kit with this number

41



Potato



Onion



Garlic



Lamb Mince



Mumbai Spice Blend



Chicken-Style Stock Powder



Filo Pastry



Cucumber



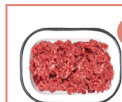
Mint



Greek-Style Yoghurt



Mixed Salad Leaves



Beef Mince



Pork Mince

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

Protein Rich

Calorie Smart

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

Medium saucepan · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
onion	½	1
garlic	2 cloves	4 cloves
lamb mince	1 medium packet	2 medium packets OR 1 large packet
Mumbai spice blend	1 medium sachet	2 medium sachets
chicken-style 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 leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2189kJ (523cal)	498kJ (113cal)
Protein (g)	34.7g	7.9g
Fat, total (g)	15.7g	3.6g
- saturated (g)	3.9g	0.9g
Carbohydrate (g)	59g	13.4g
- sugars (g)	4.5g	1g
Sodium (mg)	1022mg	232.3mg
Dietary Fibre (g)	8g	1.8g

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**.



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 filling** on one end of the filo strip.
- Fold the **pastry** diagonally over the filling to form a triangle. Then, fold the triangle horizontally upwards. 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 filling**.
- Brush parcels with **olive oil** and bake until golden, **15-20 minutes**.



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 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.



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** 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 **potato** to the pan, then lightly crush with a fork, stirring to combine. Season to taste.



Finish & serve

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

We're here to help!

Scan here if you have any questions or concerns

2025 | CW03



CUSTOM OPTIONS



SWAP TO BEEF MINCE
Follow method above.



SWAP TO 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.

