



Everything But The Chef

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Tandoori Steak Chapati with Minted Yoghurt

The Indian flag is made up of deep saffron, white and green, representing courage and sacrifice, truth, peace and purity, and prosperity respectively – a perfect balance of elements. We’ve taken inspiration from that classic palette to bring you this scrumptious tandoori beef chapati wrap. Orange carrots for sweetness, white creamy yoghurt for freshness and chargrilled zucchini for that hit of green. Perfect!

Prep: 10 mins
Cook: 10 mins
Total: 20 mins

level 1
 spicy
 high protein

Pantry Items



Olive Oil



Tandoori Paste



Beef Rump Steak



Zucchini



Yoghurt



Mint



Carrot



Chapati Wraps

2P	4P	Ingredients
1 tbs	2 tbs	tandoori paste
2 tsp	4 tsp	olive oil *
1 steak	2 steaks	beef rump
1	2	zucchini, cut into 5 mm thick ribbons
1 tub	2 tubs	yoghurt
1 bunch	2 bunches	mint, finely chopped
2	4	traditional chapati
1	2	carrot, peeled & grated

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1910	Kj
Protein	41.6	g
Fat, total	16.6	g
-saturated	5	g
Carbohydrate	31.3	g
-sugars	11.8	g
Sodium	611	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, vegetable peeler, grater, greased chargrill pan, plate, foil, and a small bowl.*

1 Combine the **tandoori paste** with half of the **olive oil**. Coat the **steaks** in the tandoori mixture.

2 Heat a greased chargrill pan or BBQ over a medium-high heat. Toss the **zucchini** in the remaining olive oil and season with **salt** and **pepper**. Cook for **1-2 minutes** on each side or until lightly grilled. Set aside.



3 Add the tandoori steak to the pan and cook for **2-3 minutes** on each side for medium rare or until cooked to your liking. Cooking times will vary depending on the thickness of your steaks. Set aside on a plate and cover with foil. Rest for **5 minutes**. Then cut into 1 cm thick slices.

4 Meanwhile, combine the **yoghurt** and **mint** in a small bowl. Heat the **traditional chapati** in a microwave or sandwich press.



5 To serve, wrap the zucchini, **carrot** and tandoori steak slices in the traditional chapati and dollop with the minted yoghurt.



Did you know? Mint owes its name (and possibly its origins!) to Ancient Greek mythology.