

Prep in: 25-30 mins

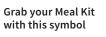
Ready in: 30-35 mins

with Rocket & Tomato Salad

MEDITERRANEAN WINTER

KID FRIENDLY















**Beef Mince** 

Seasoning





Tomato Paste



Fetta Cubes

Tortillas



Spinach & Rocket



Hummus





Olive Oil, Vinegar (White Wine or Balsamic)

A veggie loaded, fetta and beef filling is the perfect stuffing to line mini flour tortillas. Baked to golden perfection in the oven

and served with a rocket salad, our take on the Italian piadina is equal parts easy to cook and tasty to eat!

### Before you start

Wash your hands and any fresh food

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		
tomato	1	2		
beef mince	1 small packet	2 small packets OR 1 large packet		
garlic & herb seasoning	1 medium sachet	1 large sachet		
tomato paste	1 packet	1 packet		
garlic paste	1 packet	2 packets		
water*	1/4 cup	½ cup		
fetta cubes	1 large packet	2 large packets		
mini flour tortillas	6	12		
spinach & rocket mix	1 small bag	1 medium bag		
vinegar* (white wine or balsamic)	drizzle	drizzle		
hummus	1 medium packet	1 large packet		
diced bacon**	1 packet (90g)	1 packet (180g)		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2925kJ (699Cal)	653kJ (156Cal)
Protein (g)	43.2g	9.6g
Fat, total (g)	32.1g	7.2g
- saturated (g)	11.5g	2.6g
Carbohydrate (g)	55.8g	12.5g
- sugars (g)	13.3g	3g
Sodium (mg)	1589mg	355mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3313kJ (792Cal)	672kJ (161Cal)
Protein (g)	50.1g	10.2g
Fat, total (g)	38.8g	7.9g
- saturated (g)	14g	2.8g
Carbohydrate (g)	56.6g	11.5g
- sugars (g)	13.8g	2.8g
Sodium (mg)	2020mg	410mg

The quantities provided above are averages only.

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

### We're here to help!

2023 | CW30

Scan here if you have any questions or concerns





# Get prepped

- Preheat oven to 200°C/180°C fan-forced.
- Grate carrot.
- · Slice tomato into wedges.

**Little cooks:** Under adult supervision, older kids can help grate the carrot.



# Start the filling

- In a large frying pan, heat a drizzle of olive oil over high heat.
- Cook beef mince and carrot, breaking up with a spoon, until browned, **4-6 minutes**.

**TIP:** For best results, drain the oil from the pan before adding the seasoning.

Custom Recipe: If you've added diced bacon, cook bacon with beef mince and carrot, breaking bacon up with a spoon, 4-6 minutes.



# Finish the filling

- To pan, stir in garlic & herb seasoning, tomato paste and garlic paste and cook until fragrant, 1 minute.
- Add the water and cook, stirring until slightly thickened, 1 minute.
- Remove from heat. Crumble over **fetta cubes**. stirring to combine. Season with **pepper**.



# Bake the piadinas

- Arrange mini flour tortillas on a lined oven tray. Divide **filling** among tortillas, spooning it onto one half of each tortilla.
- Fold the empty half of each **tortilla** over to enclose the filling, then press down gently with a spatula.
- Brush or spray with a drizzle of **olive oil**, then season with pepper.
- Bake until tortillas are golden, 10-12 minutes.

TIP: You can place a sheet of baking paper and a second oven tray on top of the piadinas if they unfold during cooking.



### Assemble the salad

• In a medium bowl, combine tomato, spinach & rocket mix and a drizzle of the vinegar and olive oil. Season to taste.

**Little cooks:** Take the lead by tossing the salad!



## Serve up

- Divide beef-fetta piadinas and rocket salad between plates.
- Serve with **hummus**. Enjoy!