



Beef-Fetta Piadinas & Hummus

with Rocket & Tomato Salad

MEDITERRANEAN WINTER

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Tomato



Beef Mince



Garlic & Herb Seasoning



Tomato Paste



Garlic Paste



Fetta Cubes



Mini Flour Tortillas



Spinach & Rocket Mix



Hummus



Diced Bacon

Prep in: 25-30 mins
Ready in: 30-35 mins

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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

	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*	¼ 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)

*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!

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.



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.



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.



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!



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**.



Serve up

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

Rate your recipe

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