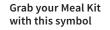


Plant-Based Mince Foldovers

with Tomato Salsa & Plant-Based Aioli

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR











Plant-Based







Tomato Paste





Mini Flour



Tortillas





Cucumber

Coriander



Plant-Based Smokey Aioli





not Plant Based

This dish is a fabulous fusion of hearty Indian and Mexican-inspired flavours. Lace the plant-based mince with our Mumbai spice blend, before stuffing it into soft flour tortillas - which you'll bake until they're crisp and golden on the outside, the perfect handheld vessel for the juicy, 'meaty' filling.

Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

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	
brown onion	1	2	
carrot	1	2	
plant-based mince	1 packet	2 packets	
Mumbai spice blend	1 medium sachet	1 large sachet	
tomato paste	1 packet	1 packet	
water*	½ cup	1 cup	
plant-based butter*	30g	60g	
vegetable stock powder	1 medium sachet	1 large sachet	
mini flour tortillas	6	12	
coriander	1 bag	1 bag	
tomato	1	2	
cucumber	1	2	
white wine vinegar*	drizzle	drizzle	
plant-based smokey aioli	1 packet	2 packets	
beef mince**	1 small packet	1 medium packet	
*Pantry Items **Custom Recipe Ingredient			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3350kJ (801Cal)	593kJ (142Cal)
Protein (g)	26.7g	4.7g
Fat, total (g)	45.8g	8.1g
- saturated (g)	8.4g	1.5g
Carbohydrate (g)	65.3g	11.6g
- sugars (g)	21.7g	3.8g
Sodium (mg)	2151mg	381mg
Custom Recine		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3442kJ (823Cal)	584kJ (140Cal)
Protein (g)	38.3g	6.5g
Fat, total (g)	46.4g	7.9g
- saturated (g)	11.1g	1.9g
Carbohydrate (g)	59.9g	10.2g
- sugars (g)	20.6g	3.5g
Sodium (mg)	1628mg	276mg

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 220°C/200°C fan-forced.
- Finely chop brown onion.
- Grate carrot.



Cook the filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook onion and carrot, stirring, until softened, 4-5 minutes.
- Add **plant-based mince** and cook until slightly browned, **3-4 minutes**.
- Add Mumbai spice blend and tomato paste and cook until fragrant, 1 minute.
- Stir in the water, the plant-based butter and vegetable stock powder and cook until slightly thickened, 1-2 minutes. Season to taste.

Custom Recipe: If you've swapped to beef mince, cook the beef mince in the same way as the plant-based mince. Drain oil from pan before adding the spice blend for best results!



Make the foldovers

- Arrange mini flour tortillas on a lined oven tray.
 Divide filling evenly between tortillas, spooning it onto one half of each tortilla.
- Fold empty half of each **tortilla** over to enclose the filling and press down gently with a spatula.

TIP: If the foldovers don't fit in a single layer, spread across two oven trays!



Bake the foldovers

- Brush or spray the foldovers with a drizzle of olive oil.
- · Bake until golden, 10-12 minutes.

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



Make the salsa

- Meanwhile, roughly chop coriander, tomato and cucumber.
- In a medium bowl, combine coriander, tomato, cucumber. Add a drizzle of the white wine vinegar and olive oil. Toss to coat. Season to taste.



Serve up

- Divide plant-based mince and veggie foldovers between plates.
- Top with tomato, cucumber and coriander salsa.
- Dollop over plant-based plant-based aioli to serve. Enjoy!

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate