



Plant-Based Mince Foldovers

with Tomato Salsa & Plant-Based Aioli

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Carrot



Plant-Based Mince



Mumbai Spice Blend



Tomato Paste



Vegetable Stock Powder



Mini Flour Tortillas



Coriander



Tomato



Cucumber



Plant-Based Smokey Aioli



Beef Mince

Prep in: 25-35 mins
Ready in: 35-45 mins
Plant Based*



*Custom Recipe is 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.

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

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 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**.



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.



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 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.



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!



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!

Rate your recipe

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