

EASY GREEK CARROT & FETTA FILO PARCELS

with Cucumber Salad & Lemon-Yoghurt





Make easy filo parcels





Filo Pastry







Brown Onion

Fetta





Greek Spice Blend

Sunflower Seeds



Baby Spinach Leaves

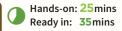
Cucumber



Greek Yoghurt

Lemon

Pantry Staples: Olive Oil, Butter, Salt, Balsamic Vinegar, Honey



So crunchy, so delicious, so easy! Once you've mastered this filo pastry parcel technique, there'll be no end to the tasty fillings you can whip up. This carrot and fetta parcel is really something.

BEFORE YOU -START

Our fruit and veggies need a little wash before you use them!! You will need: paper towel, box grater, chef's knife, chopping board, large frying pan, wooden spoon, pastry brush, oven tray lined with baking paper, medium bowl and a small bowl.



LAY OUT THE FILO Bring the **filo pastry** to room temperature. Lay the sheets on the bench and cover with a damp paper towel. *TIP: Filo pastry is easier to work with at room temperature.



GET PREPPED Preheat the oven to 200°C/180°C fan**forced**. Grate the **carrot** (unpeeled). TIP: Keep the skin on the carrot to retain its nutrients! Finely chop the **brown onion**. Dice the **fetta** into 1 cm squares. Melt the **butter**. Slice the **lemon** into wedges.



COOK THE FILLING Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the carrot and brown onion and cook for 4-5 minutes, or until softened. Add the Greek spice blend, salt (use suggested amount) and a pinch of **pepper.** Cook for **1 minute**, or until fragrant. Add the sunflower seeds and 1/2 of the baby spinach leaves and cook, stirring, for **1 minute**, or until wilted. Remove from the heat, add the fetta and stir to combine.



SERVE UP Divide the Greek carrot and fetta filo parcels and the cucumber salad between plates. Serve alongside the lemon-yoghurt.

ENIOY!



MAKE THE PARCELS Lay **2 sheets** of **filo pastry** flat on a chopping board. Place the carrot-fetta mixture (1/4 for 2 people/ 1/8 for 4 people) in the centre of the left-hand side of the pastry. Fold in the top, bottom and left-side edges, then roll the pastry over to make a parcel. Repeat with the remaining mixture and remaining filo pastry sheets. Brush each parcel with melted **butter** and top with a **pinch** of salt and pepper. Transfer to the oven tray lined with baking paper and bake for 10-15 minutes, or until flaky and golden.



MAKE THE SALAD & YOGHURT While the parcels are baking, peel the **cucumber** into ribbons (or finely dice if you are short on time). In a medium bowl, toss the cucumber with the remaining baby spinach leaves, olive oil (3 tsp for 2 people/6 tsp for 4 people), honey and balsamic vinegar. Set aside. In a small bowl, combine the Greek yoghurt with the juice from the lemon wedges (2 tsp for 2 people / 1 tbs for 2 people).

TIP: Add as much or as little lemon juice as you like depending on your taste preference. Season to taste with a pinch of salt and pepper.



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INGREDIENTS

refer to

method

8 sheets

1 block

(100 g)

2 tbs

1 sachet

1/4 tsp

1 bag

½ tsp

1 tsp

1 tub

(100 g)

PER SERVING 2900kJ (694Cal)

25.8g

32.5g

17.9g

69.8g

23.7g

1260mg

For allergens and ingredient information, visit

1

1 sachet

1

2

1

olive oil'

carrot

fetta

butter*

lemon

salt*

Greek spice blend

sunflower seeds

balsamic vinegar*

Greek yoghurt

*Pantry Items **NUTRITION**

Energy (kJ) Protein (g)

Fat, total (g)

- sugars (g)

Sodium (g)

- saturated (g)

Carbohydrate (g)

cucumber

honey*

baby spinach leaves

filo pastry

brown onion

refer to

method

16 sheets

2 blocks

2 sachets

2 sachets

½ tsp

1 bag

1 tsp

2 tsp

1 tub

(200 g)

PER 100G

494kJ (118Cal)

4.4g

5.5g

3.1g

11.9g

4.0g

215mg

2

(200 g)

4 tbs

2

4

2

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