



EASY GREEK CARROT & FETTA FILO PARCELS

with Cucumber Salad & Lemon-Yoghurt



Make easy fillo parcels



Filo Pastry



Carrot



Brown Onion



Fetta



Greek Spice Blend



Sunflower Seeds



Baby Spinach Leaves



Cucumber



Greek Yoghurt



Lemon

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

Hands-on: 25 mins
Ready in: 35 mins

So crunchy, so delicious, so easy! Once you've mastered this fillo 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**.



1 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.*



2 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.



3 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.



4 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.



5 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**.



6 SERVE UP

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

ENJOY!

2|4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
filo pastry	8 sheets	16 sheets
carrot	2	4
brown onion	1	2
fetta	1 block (100 g)	2 blocks (200 g)
butter*	2 tbs	4 tbs
lemon	1	2
Greek spice blend	1 sachet (1 tbs)	2 sachets (2 tbs)
salt*	¼ tsp	½ tsp
sunflower seeds	1 sachet	2 sachets
baby spinach leaves	1 bag	1 bag
cucumber	1	2
honey*	½ tsp	1 tsp
balsamic vinegar*	1 tsp	2 tsp
Greek yoghurt	1 tub (100 g)	1 tub (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2900kJ (694Cal)	494kJ (118Cal)
Protein (g)	25.8g	4.4g
Fat, total (g)	32.5g	5.5g
- saturated (g)	17.9g	3.1g
Carbohydrate (g)	69.8g	11.9g
- sugars (g)	23.7g	4.0g
Sodium (g)	1260mg	215mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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