

Speedy Mediterranean Beef Mini Tortilla Wraps

with Zesty Sauce





Use balsamic vinegar to tenderise beef







Mediterranean Spice







Cucumber

Roma Tomato





Greek Yoghurt

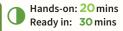


Lemon



Mini Flour Tortillas

Pantry Staples: Olive Oil, Balsamic Vinegar, Salt



These wraps inspired by the flavours of the Mediterranean takes no time at all to whip up, but with a few little hacks (like using vinegar to tenderise your beef) it becomes something really very special.

START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, garlic crusher, two medium bowls, zester, small bowl, spoon, large frying pan, tongs, aluminium foil and a microwave or sandwich press.



GET PREPPED
Slice the beef rump into 0.5 cm strips.
Peel and crush the garlic. In a medium bowl, add the beef rump, garlic, Mediterranean spice blend, salt (use suggested amount), balsamic vinegar and a drizzle of olive oil.
Toss to coat the beef and set aside to marinate.



2 Pick the **parsley** leaves and finely chop. Zest the **lemon** and then slice into wedges. Finely chop the **cos lettuce**. Finely slice the **Roma tomato**. Dice the **cucumber**.



MAKE THE ZESTY SAUCE
In a small bowl, combine the Greek
yoghurt, parsley, lemon zest and a drizzle
of olive oil. Squeeze in the juice from a lemon
wedge (about 1 tbs) and mix well.

*TIP: Add as little or as much lemon zest and juice as you like depending on your taste preference!



Heat a drizzle of olive oil in a large frying pan over a high heat. Once hot, add 1/3 of the beef strips and cook for 1-2 minutes, or until cooked through. Transfer to a medium bowl and cover to keep warm. Repeat with the remaining beef strips. *TIP: Cooking the beef in batches stops the pan from overcrowding and prevents the meat from stewing.



Heat the mini flour tortillas in a sandwich press or on a plate in the microwave for 10 seconds, or until warmed through.



SERVE UP
Divide the mini tortillas between plates and top with the lettuce, tomato, cucumber and the Mediterranean beef strips. Drizzle with the zesty sauce.

Enjoy!

4-5 PEOPLE

INGREDIENTS

	4-5P	
olive oil*	refer to method	
beef rump	1 packet	
garlic	1 clove	
Mediterranean spice blend	1 sachet (3 tsp)	
salt*	1/4 tsp	
balsamic vinegar*	1 tbs	
parsley	1 bunch	
lemon	1	
cos lettuce	1	
Roma tomato	1	
cucumber	1	
Greek yoghurt	1 tub (100 g)	
mini flour tortillas	12	

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2050kJ (489Cal)	567kJ (135Cal)
Protein (g)	36.6g	10.1g
Fat, total (g)	15.4g	4.3g
- saturated (g)	4.4g	1.2g
Carbohydrate (g)	46.8g	13.0g
- sugars (g)	5.5g	1.5g
Sodium (g)	478mg	132mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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