

Easy Lamb & Pine Nut Filo Parcels with Salad & Tomato Chutney





Make your own filo parcels





Filo Pastry

Brown Onion





Baby Spinach Leaves











Cucumber

Roma Tomato



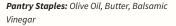
Tomato Chutney

Hands-on: 25 mins Ready in: 45mins



Low calorie

Think of this as our HelloFresh, Aussie-inspired twist on the old fashioned servo pie. Swap out tricky pastry for an easy free form filo, add lamb infused with delicious Middle Eastern flavour and dollop with a fancy tomato chutney and you've got a winner.



START

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



PREP THE FILO
Preheat the oven to 200°C/180°C fanforced. Remove the filo pastry from the
fridge. *TIP: It's easier to work with filo pastry
when it is at room temperature.



2 Finely chop the **brown onion** (use suggested amount). Roughly chop the baby spinach leaves. In a small bowl, melt the butter.



COOK THE PARCEL FILLING
Heat a large frying pan over a medium-high heat. Add the pine nuts and toast, stirring, for 3-4 minutes, or until golden. Add a drizzle of olive oil, the brown onion and the lamb mince and cook for 5-6 minutes, breaking up with a wooden spoon, until the onion is soft and the lamb is browned. Add the Middle Eastern spice blend and a pinch of salt and pepper and cook for 1 minute, or until fragrant. Add 1/2 the baby spinach leaves and stir to wilt.



Lay 2 sheets of filo pastry flat on a chopping board. Place 1/5 of the lamb mixture in the centre of the left-hand side of the pastry. Fold in the top, bottom and left-hand edges, then roll the pastry over to make a parcel. Repeat with the remaining lamb mixture and remaining filo pastry sheets. Brush each parcel with the melted butter and transfer to an oven tray lined with baking paper. Place in the oven to bake for 15-20 minutes, or until golden.



MAKE THE SALAD
While the parcels are baking, cut the cucumber and Roma tomato into 1 cm chunks. In a large bowl, toss the cucumber, tomato and remaining baby spinach leaves with the balsamic vinegar and 1 tbs of olive oil. *TIP: Dress the salad just before serving to prevent soggy leaves.



SERVE UPDivide the easy lamb and pine nut filo parcels between plates. Serve with a dollop of the **tomato chutney** and the salad on the side.

Enjoy!

INGREDIENTS

| | 4-5P |
|----------------------------|----------------------|
| olive oil* | refer to method |
| filo pastry | 10 sheets |
| brown onion | 1/2 |
| baby spinach leaves | 1 bag |
| butter* | 1 tbs |
| pine nuts | 1 packet |
| lamb mince | 1 packet |
| Middle Eastern spice blend | 2 sachets (1 tbs) |
| cucumber | 1 |
| Roma tomato | 1 |
| balsamic vinegar* | 2 tsp |
| tomato chutney | 1 tub (100 g) |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|-----------------|
| Energy (kJ) | 2110kJ (504Cal) | 591kJ (141Cal) |
| Protein (g) | 38.5g | 10.8g |
| Fat, total (g) | 19.7g | 5.5g |
| saturated (g) | 7.3g | 2.0g |
| Carbohydrate (g) | 41.4g | 11.6g |
| - sugars (g) | 12.6g | 3.5g |
| Sodium (g) | 466mg | 130mg |

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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