



SPEEDY GREEK STYLE BEEF WRAPS

with Homemade Tzatziki



Make a tzatziki!



Cucumber



Garlic



Greek Yoghurt



Red Onion



Tomato



Gem Lettuce



Parsley



Fetta Cheese



Beef Mince



Greek Spice Blend



Classic Wraps

Pantry Staples



Olive Oil



Hands-on: 15 mins

Ready in: 20 mins

Take it from the inventors of philosophy, democracy and the Olympics: they know how to make a good wrap! Our favourite part of this meal is the homemade tzatziki, which shouldn't be confined to your dinners – it's great as a high protein snack with veggie sticks at any time of the day!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **box grater, clean cloth, garlic crusher, two medium bowls, spoon, chef's knife, chopping board, medium frying pan, wooden spoon, plate** and a **microwave** or **sandwich press**.



1 MAKE THE TZAZIKI

Grate **1/2** of the **cucumber** and squeeze out any excess water with clean hands or a clean cloth. Peel and crush the **garlic**. In a medium bowl, combine the cucumber, garlic, **Greek yoghurt** and **1 tbs** of **olive oil**. Season to taste with a **pinch** of **salt** and **pepper** and mix well. Set aside.



2 PREP THE RAW ONION

Finely slice the **red onion**. Place **1/4** of the onion in a medium bowl of iced water and allow to soak for **5 minutes**. Drain and set aside. **TIP:** Soaking onion in iced water reduces the bite. If your family isn't a fan of raw onion, omit this step and cook all of the onion in step 4.



3 GET PREPPED

While the onion is soaking, finely dice the **remaining cucumber**. Finely dice the **tomato**. Roughly chop the **gem lettuce**. Finely chop the **parsley** leaves. Crumble the **fetta**.



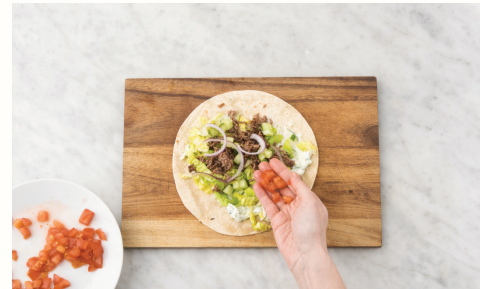
4 COOK THE BEEF

Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **remaining red onion** and the **beef mince** to the pan and cook for **5 minutes**, breaking up with a wooden spoon, until the onion is softened and the beef is browned. Add the **Greek spice blend** and cook for **1-2 minutes**, or until fragrant. Season to taste with a **pinch** of **salt** and **pepper**.



5 HEAT THE WRAPS

Place the **classic wraps** on a plate in the microwave or in a sandwich press and heat for a **few seconds**, or until warmed through.



6 SERVE UP

Top each wrap with tzatziki, beef mince, gem lettuce, cucumber, tomato and fetta. Add the raw red onion (if using) and sprinkle with parsley. Roll up tightly into a wrap.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
cucumber	1
garlic 🌱	1/2 clove
Greek yoghurt	1 tub (100 g)
red onion	1
tomato	2
gem lettuce	1 head
parsley 🌱	1/2 bunch
fetta	1 block (100 g)
beef mince	1 packet
Greek spice blend	2 sachets (4 tsp)
classic wraps	1 packet

*Pantry Items | 🌱 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2830kJ (675Cal)	573kJ (137Cal)
Protein (g)	45.0g	9.1g
Fat, total (g)	31.9g	6.5g
- saturated (g)	10.9g	2.2g
Carbohydrate (g)	48.2g	9.8g
- sugars (g)	7.8g	1.6g
Sodium (mg)	812mg	165mg

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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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