



# Turkish Beef Mini Pizzas

with Salad & Hummus



Make pretty striped cucumbers



Red Onion



Tomato



Parsley



Pine Nuts



Za'atar



Beef Mince



Hummus



Wholemeal Flatbreads



Cucumber

Pantry Staples



Olive Oil



Hands-on: 20 mins  
Ready in: 35 mins

This twist on traditional Turkish street food combines our love of pizza with the delicious flavours of the Mediterranean. Flatbreads are covered with a smooth layer of hummus and topped with seasoned beef mince and a refreshing salad. Mini in size but big in flavour, these treats are bound to be a family favourite.

## BEFORE YOU START

You will need: **chef's knife, chopping board, medium frying pan, wooden spoon, oven tray** lined with **baking paper, fork** and a **medium bowl**. Let's start cooking the **Turkish Beef Mini Pizzas with Salad & Hummus**



### 1 GET PREPPED

Preheat the oven to **180°C/160°C fan-forced**. Finely chop the **red onion**. Dice the **tomato**. Roughly chop the **parsley** leaves.



### 2 TOAST THE PINE NUTS

Heat a medium frying pan over a medium-high heat. Add the **pine nuts** and toast, stirring for **2-3 minutes**, or until golden. Remove from the pan and set aside.



### 3 COOK THE BEEF

Add the **olive oil** and **1/2** the **red onion** to the same medium frying pan and cook for **2 minutes**, or until slightly softened. Add the **za'atar** and stir through. Add the **beef mince** and cook for **4-5 minutes**, or until browned.



### 4 TOP THE PIZZAS

Arrange the **wholemeal flatbreads** on the prepared oven tray. Spread the **hummus** over the flatbreads and top with the za'atar **beef mince**. Sprinkle over the toasted **pine nuts**. Bake the mini pizzas for **8-10 minutes**, or until golden around the edges.



### 5 PREPARE THE SALAD

**🌱** While the mini pizzas are cooking, *make-pretty your cucumbers*. Take a fork and run it down the length of the **cucumber**, scoring lines with the fork's prongs until the cucumber is stripy all over. Slice into 5 mm circles. Combine the **remaining red onion, cucumber, tomato** and **parsley** in a medium bowl. Drizzle with **olive oil**, season to taste with **salt** and **pepper** and toss until well combined.



### 6 SERVE UP

Divide the Turkish beef mini pizzas between plates and top each one with a spoonful of salad. Alternatively, serve the salad on the side if you prefer.

## Enjoy!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
<b>red onion</b> 🌱	½	1
tomato	1	2
<b>parsley</b> 🌱	½ bunch	1 bunch
pine nuts	1 packet (1 tbs)	2 packets (2 tbs)
olive oil*	1 tbs	2 tbs
za'atar	½ sachet (2 tsp)	1 sachet (1 tbs)
beef mince	1 packet	2 packets
wholemeal flatbreads	4	8
hummus	1 tub (100g)	2 tubs (200g)
cucumber	1	2

\*Pantry Items | 🌱 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3590kJ (857Cal)	679kJ (162Cal)
Protein (g)	42.4g	8.0g
Fat, total (g)	35.0g	6.6g
- saturated (g)	7.5g	1.4g
Carbohydrate (g)	89.6g	17.0g
- sugars (g)	14.1g	2.7g
Sodium (g)	773mg	146mg

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