



Easy Lamb & Pine Nut Filo Parcels

with Salad & Tomato Chutney



Make your own
filo parcels



Filo Pastry



Brown Onion



Baby Spinach Leaves



Pine Nuts



Lamb Mince



Middle Eastern Spice
Blend



Cucumber



Roma Tomato



Tomato Chutney



Hands-on: **25** mins
Ready in: **45** mins



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.

Pantry Staples: Olive Oil, Butter, Balsamic
Vinegar

BEFORE YOU 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**.



1 PREP THE FILO

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



2 GET PREPPED

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



3 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.



4 FOLD THE PARCELS

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.



5 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.*



6 SERVE UP

Divide 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!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
filo pastry	10 sheets
brown onion	½
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](https://www.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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