



BAKED BEEF & FETA WRAP

with a Cucumber Salad



HELLO CUCUMBER

Cucumbers have been cultivated for over 4000 years!



Beef Mince



Onion



Garlic Clove



Tomato Purée



Ground Cumin



Smoked Paprika



Tomato Passata



Lime



Coriander



Red Pepper



Carrot



Feta Cheese



Whole Wheat Soft Tortillas



Cucumber

MEAL BAG
5

- 45 mins
- 4 of your 5 a day
- Little heat

Chef Jesse has seasoned the beef mince filling in this recipe with paprika, cumin, adding red peppers, carrots and creamy feta for added layers of texture. Baked until crispy - we recommend serving everything up in the middle of your table and getting everyone to tuck in.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Frying Pans**, a **Fine Grater**, **Measuring Jug**, **Coarse Grater** and **Large Baking Tray**. Now, let's get cooking!



1 BROWN THE MINCE

Preheat the oven to 200°C. Heat a splash of **oil** in a large frying pan on medium-high heat. When hot, add the **beef mince**. Break it up with a wooden spoon. Cook, stirring occasionally until browned, 3-5 mins. Meanwhile, halve, peel and finely chop the **onion**. Peel and grate the **garlic** (or use a press). Chop the **coriander** (stalks and all).



2 MAKE THE FILLING

Add the **onion** to the **beef** and fry until soft and starting to colour, stirring often, 3-4 mins. Stir in the **garlic**, **tomato purée**, **cumin** and **smoked paprika**. Cook until fragrant, 2 mins. Pour in the **passata** and **water** (see ingredients for amount) and stir well. Bring to the boil, then reduce heat to simmer. Cook until thick and tomatoey, 10 mins. **IMPORTANT:** *The beef mince is cooked when it is no longer pink in the middle.* When ready, stir in **half** the **coriander**, season to taste and keep to one side.



3 VEG PREP

Meanwhile, zest and halve the **lime**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim and grate the **carrot** (no need to peel). Crumble the **feta**. Heat a splash of **oil** in another frying pan on high heat. Add the **pepper** and fry until soft, 5 mins, then remove from the heat. Lightly **oil** a large baking tray.



4 BUILD THE WRAPS

Lay a **tortilla** on a board. Spoon 2-3 tbsp of the **beef mix** down the middle of the **tortilla** (leaving some space at each end). Pop a few slices of **pepper** on top then sprinkle on some **carrot**. Before folding, pop a little crumbled **feta** inside (save some for the top!). Fold the two short ends in, over the top of the filling followed by the two longer sides, like wrapping a present!



5 BAKE THE WRAPS

Transfer the **wraps** onto your tray, folded side down. Repeat with the other **tortillas** - you will have enough filling for two each. Drizzle over a little more **oil** and gently rub over the top of the **wraps**. Crumble any remaining **feta** over the top and bake on the top shelf of the oven until lightly coloured and turning crispy, 15-20 mins.



6 FINISHING TOUCHES!

Meanwhile, trim the **cucumber**, quarter lengthways, then chop widthways into small pieces. Pop into a bowl. Mix in the remaining **coriander**, a squeeze of **lime**, a pinch of **lime zest**, a drizzle of **oil** and a pinch of **salt** and **pepper** to taste. Serve the **wraps** with the **cucumber salad** (and any spare **lime wedges!**) on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Beef Mince *	240g	360g	480g
Onion *	1	2	2
Garlic Clove *	2	3	4
Tomato Purée	1 sachet	1 sachet	2 sachet
Ground Cumin	1 small pot	1 small pot	1 large pot
Smoked Paprika	1 small pot	1 small pot	1 large pot
Tomato Passata	1 carton	1½ cartons	2 cartons
Water*	100ml	150ml	200ml
Lime *	1	2	2
Coriander *	1 bunch	1 bunch	1 bunch
Red Pepper *	1	1	2
Carrot *	1	2	2
Feta Cheese 7) *	1 block	1 block	2 blocks
Whole Wheat Soft Tortillas 13)	4	6	8
Cucumber *	½	¾	1

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 703G	PER 100G
Energy (kJ/kcal)	3176 / 759	452 / 108
Fat (g)	35	5
Sat. Fat (g)	17	2
Carbohydrate (g)	64	9
Sugars (g)	21	3
Protein (g)	43	6
Salt (g)	3.26	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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