



# BEEF & FETTA FILO PARCELS

with Greek-style Salad



Master pliable pastry



Filo Pastry



Brown Onion



Carrot



Baby Spinach Leaves



Fetta Cheese



Beef Mince



Greek Spice Blend



Black Sesame Seeds



Cucumber



Tomato

## Pantry Staples



Balsamic Vinegar



Olive Oil



Butter



Salt

Hands-on: **20** mins  
Ready in: **35** mins

So delicious, so easy! Once you've mastered this filo parcel technique, there'll be no end to the tasty fillings you can whip up. This Greek beef, spinach and fetta mix is really something.

## BEFORE YOU START

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



### 1 GET PREPPED

Remove the box of **filo pastry** from the fridge. **TIP:** *It's easier to work with at room temperature!* Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **brown onion**. Grate the **carrot** (unpeeled). Roughly chop the **baby spinach leaves**. Crumble the **fetta**. Melt the **butter**.



### 2 COOK THE PARCEL FILLINGS

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **brown onion** and **beef mince** and cook for **4-5 minutes**, breaking up with a wooden spoon, until browned. Add the **carrot** and cook for **3-4 minutes**, or until softened. Add the **Greek spice blend** and cook for **1 minute**. Add **1/2** of the **baby spinach leaves**, the **fetta** and **salt (use suggested amount)** and stir to combine. Remove from the heat.



### 3 MAKE THE PARCELS

Divide the filling into **7 portions**. Lay **2 sheets of filo pastry** flat on a chopping board and place **1 portion of the beef and fetta filling** in the left-centre of the pastry sheet. Fold in the top and bottom edges, then roll into a parcel. Repeat with the **remaining 12 sheets** of filo and the filling (you should get about 2 parcels for each adult and 1 parcel for each child).



### 4 BAKE THE PARCELS

Transfer the **parcels** to the oven tray lined with baking paper and **brush** with the melted **butter**. Sprinkle over a **pinch of black sesame seeds** and place in the oven to bake for **15-20 minutes**, or until golden.



### 5 MAKE THE SALAD

While the parcels are baking, dice the **cucumber** and **tomato** and transfer to a large bowl. Add **1 tbs of olive oil**, the **balsamic vinegar** and the **remaining baby spinach leaves**. Toss to coat. **TIP:** *Dress the salad just prior to serving to prevent soggy leaves.*



### 6 SERVE UP

Divide the beef and fetta filo parcels and the salad between plates.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
filo pastry	14 sheets
brown onion	1
carrot	2
baby spinach leaves	1 bag
fetta	1 block (100 g)
butter*	1 tbs
beef mince	1 packet
Greek spice blend	1 sachet (1 tbs)
salt*	¼ tsp
black sesame seeds	1 sachet (1 tbs)
cucumber	1
tomato	1
balsamic vinegar*	2 tsp

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2570kJ (615Cal)	562kJ (134Cal)
Protein (g)	44.0g	9.6g
Fat, total (g)	26.5g	5.8g
- saturated (g)	11.0g	2.4g
Carbohydrate (g)	47.3g	10.3g
- sugars (g)	9.0g	2.0g
Sodium (mg)	879mg	192mg

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