



Speedy Mediterranean Beef Mini Tortilla Wraps

with Zesty Sauce



Use balsamic vinegar
to tenderise beef



Beef Rump



Garlic



Mediterranean Spice Blend



Cos Lettuce



Roma Tomato



Cucumber



Greek Yoghurt



Parsley



Lemon



Mini Flour Tortillas

Pantry Staples: Olive Oil, Balsamic Vinegar, Salt



Hands-on: 20 mins
Ready in: 30 mins

These wraps inspired by the flavours of the Mediterranean takes no time at all to whip up, but with a few little hacks (like using vinegar to tenderise your beef) it becomes something really very special.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, two medium bowls, zester, small bowl, spoon, large frying pan, tongs, aluminium foil** and a **microwave** or **sandwich press**.



1 GET PREPPED

Slice the **beef rump** into 0.5 cm strips. Peel and crush the **garlic**. In a medium bowl, add the beef rump, garlic, **Mediterranean spice blend**, **salt (use suggested amount)**, **balsamic vinegar** and a **drizzle** of **olive oil**. Toss to coat the beef and set aside to marinate.



2 CONTINUE PREPPING

Pick the **parsley** leaves and finely chop. Zest the **lemon** and then slice into wedges. Finely chop the **cos lettuce**. Finely slice the **Roma tomato**. Dice the **cucumber**.



3 MAKE THE ZESTY SAUCE

In a small bowl, combine the **Greek yoghurt, parsley, lemon zest** and a **drizzle** of **olive oil**. Squeeze in the juice from a **lemon wedge** (about **1 tbs**) and mix well.

TIP: Add as little or as much lemon zest and juice as you like depending on your taste preference!



4 COOK THE BEEF STRIPS

Heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Once hot, add **1/3** of the **beef strips** and cook for **1-2 minutes**, or until cooked through. Transfer to a medium bowl and cover to keep warm. Repeat with the remaining beef strips. **TIP:** Cooking the beef in batches stops the pan from overcrowding and prevents the meat from stewing.



5 HEAT THE TORTILLAS

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 seconds**, or until warmed through.



6 SERVE UP

Divide the mini tortillas between plates and top with the lettuce, tomato, cucumber and the Mediterranean beef strips. Drizzle with the zesty sauce.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
beef rump	1 packet
garlic	1 clove
Mediterranean spice blend	1 sachet (3 tsp)
salt*	¼ tsp
balsamic vinegar*	1 tbs
parsley	1 bunch
lemon	1
cos lettuce	1
Roma tomato	1
cucumber	1
Greek yoghurt	1 tub (100 g)
mini flour tortillas	12

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2050kJ (489Cal)	567kJ (135Cal)
Protein (g)	36.6g	10.1g
Fat, total (g)	15.4g	4.3g
- saturated (g)	4.4g	1.2g
Carbohydrate (g)	46.8g	13.0g
- sugars (g)	5.5g	1.5g
Sodium (g)	478mg	132mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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Hello@HelloFresh.com.au

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