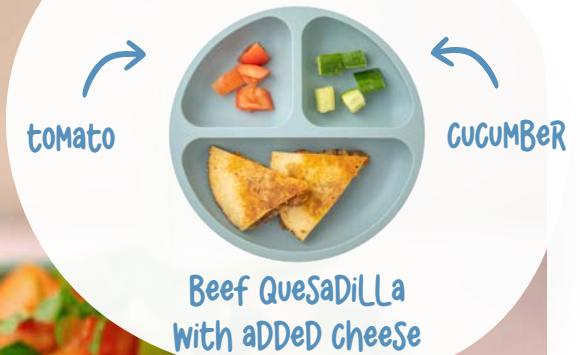




for the
little ones



CURRIED Beef Pitas

Crispy pitas filled with bush curry beef, served with a fresh chopped salad and cool garlic yoghurt for dipping.



35 Minutes



2 Servings



Beef

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	21g	45g

FROM YOUR BOX

SHALLOT	1
BEEF MINCE	300g
CARROT	1
BUSH CURRY SPICE MIX	1 sachet
TOMATO PASTE	1 sachet
PITA BREADS	5-pack
MINT	1 packet
NATURAL YOGHURT	1 tub
TOMATO	1
LEBANESE CUCUMBER	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

COOKING TOOLS

frypan, oven tray

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option - pita pockets are replaced with GF wraps. Spoon filling onto one half, fold over, and bake until golden. You can add a little cheese to help them stick (optional).



1. COOK Beef Mince & Shallot

Set oven to 200°C, line an oven tray.

Heat a frypan over medium-high heat with **oil**. Dice and add **shallot** with **beef mince**. Cook for 4–6 minutes, breaking up lumps.



2. FINISH COOKING the FILLING

Finely grate and stir in **carrot**, **1–2 tbsp bush curry spice mix**, **tomato paste** and **1–2 tbsp water**. Cook for further 2–3 minutes. Season to taste with **salt**.

tip Start with 1–1 1/2 tbsp spice mix and work up to the desired spice level. The spice mix is mild, but flavourful.



3. Stuff & Cook the Pitas

Brush or spray outside of 3 **pita breads** with **olive oil**. Cut in half and spoon **beef mixture** inside. Arrange on lined trays and bake for 7 minutes. Turn over and cook for further 3 minutes or until golden and crisp.

tip You can cook these in a dry frypan or sandwich press if preferred!



4. Make the Raita

Slice **mint leaves** to yield 2 tbsp. Mix with **yoghurt**, **salt** and **pepper**. Set aside.

tip Grate and add 1/2 cucumber or crushed garlic if you like!



5. Make the Salad

Dice **tomato** and **cucumber**. Slice any remaining **mint leaves** and toss together. Drizzle with **1 tbsp olive oil**.

tip Serve salad ingredients in separate bowls if that works better for your family.



6. FINISH AND SERVE

Serve **curried beef pitas** with **side salad** and **raita** for dipping.