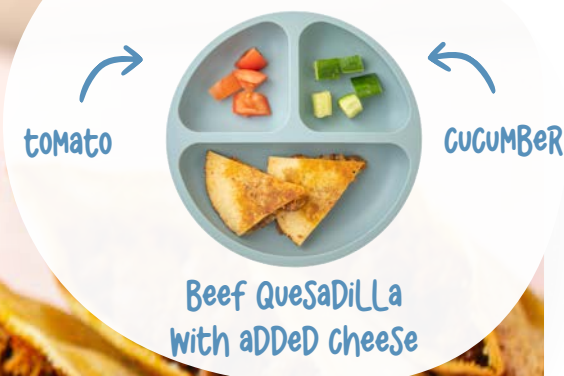


for the
little ones

CuRRied Beef Pitas



35 Minutes



4 Servings



Beef

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

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FROM YOUR BOX

BROWN ONION	1
BEEF MINCE	600g
CARROT	1
BUSH CURRY SPICE MIX	1 sachet
TOMATO PASTE	1 sachet
PITA BREADS	5-pack
MINT	1 packet
NATURAL YOGHURT	1 tub
TOMATOES	2
LEBANESE CUCUMBER	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

COOKING TOOLS

large frypan, 2 oven trays

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 & ONION

Set oven to 200°C and line 2 trays.

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



2. FINISH COOKING the FILLING

Finely grate and stir in **carrot**, **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 2–3 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 each **pita** 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 **tomatoes** and **cucumbers**. 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.