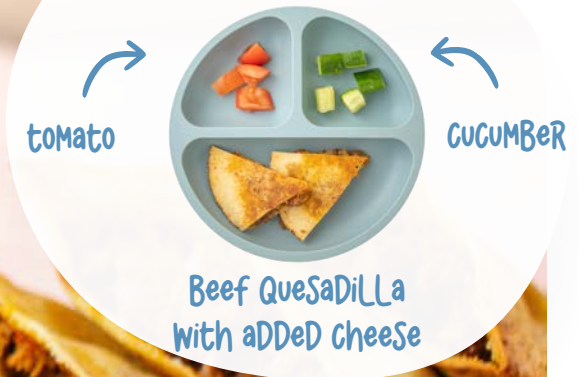




for the
little ones



CuRRied Beef Pitas

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



35 Minutes



4/6 Servings



Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	37g/39g	20g/23g	43g/46g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
BEEF MINCE	600g	600g + 300g
CARROT	1	2
BUSH CURRY SPICE MIX	1 sachet	1 sachet
TOMATO PASTE	1 sachet	2 sachets
PITA BREADS	5-pack	2 x 5-pack
MINT	1 packet	1 packet
NATURAL YOGHURT	1 tub	2 tubs
TOMATOES	2	3
LEBANESE CUCUMBER	2	3

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.

6P - slice mint leaves to yield 3 tbsp.

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**.

6P - drizzle with 2 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.