



Asian Style Sweet Chilli Pork Koftas

with Spiced Wedges and Smacked Cucumber Salad

26

Calorie Smart 30-35 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



Potatoes



Thai Style
Spice Blend



Breadcrumbs



Pork Mince



Carrot



Lime



Cucumber



Sambal Paste



Sweet Chilli
Sauce



Beef Mince

Pantry Items

Oil, Salt, Pepper, Mayonnaise

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, bowl, peeler, fine grater and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Thai Style Spice Blend 3)	1 sachet	1½ sachets	2 sachets
Breadcrumbs 13)	10g	15g	20g
Pork Mince**	240g	360g	480g
Carrot**	1	1½	2
Lime**	½	1	1
Cucumber**	½	¾	1
Sambal Paste	10g	15g	20g
Sweet Chilli Sauce	32g	48g	64g
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Mayonnaise*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	558g	100g	558g	100g
Energy (kJ/kcal)	2711 / 648	486 / 116	2485 / 594	445 / 106
Fat (g)	32.7	5.9	26.1	4.7
Sat. Fat (g)	10.3	1.8	9.0	1.6
Carbohydrate (g)	63.8	11.4	63.5	11.4
Sugars (g)	14.2	2.5	14.0	2.5
Protein (g)	29.6	5.3	32.8	5.9
Salt (g)	1.45	0.26	1.50	0.27

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

3) Sesame 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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Roast the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel) and pop onto a large baking tray. Drizzle with **oil**, then sprinkle over **half** the **Thai style spice blend** (add less if you'd prefer things milder), and season with **salt** and **pepper**. Toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Smacked Cucumber Time

Next, trim the **cucumber** (see ingredients for amount), then pop it onto a board and use a rolling pin to gently smack it a few times until split. Cut into roughly 2cm chunks.

In a large bowl, squeeze in some **lime juice** and add the **sambal paste** (add less if you'd prefer things milder). Season, then mix to combine. Add the **carrot ribbons** and **cucumber** to the bowl of **sambal dressing**. Toss to combine. Set aside. **TIP:** Keep any remaining cucumber for another recipe.



Make the Koftas

Meanwhile, in a large bowl, combine the remaining **Thai style spice blend**, **breadcrumbs** and the **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince**.

Season with **pepper** and mix together with your hands. Shape into mini **sausage** shapes, 4 per person. Flatten to make **koftas**.

IMPORTANT: Wash your hands and equipment after handling raw mince.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Finishing Touches

In another small bowl, combine the **lime zest** and the **mayo** (see pantry for amount).

When the **koftas** are ready, drizzle over the **sweet chilli sauce** while still on the baking tray and toss until evenly glazed.



Time to Bake

When the wedges are halfway through cooking, pop the **koftas** onto a large baking tray. Bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The koftas are cooked when no longer pink in the middle.

While everything cooks, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Zest and halve the **lime** (see ingredients for amount).



Serve Up

Once cooked, share the **sweet chilli pork koftas** between your plates.

Serve the **spicy potato wedges** and **smacked cucumber** on the side, along with the **zesty mayo** for dipping.

Cut any remaining **lime** into wedges and serve on the side for squeezing over.

Enjoy!