



Greek Inspired Oregano Pork Kofta Gyros

with Chips, Mint Yoghurt Sauce and Tomato & Cucumber Salad

Street Food 35-45 Minutes • 2 of your 5 a day

34



Potatoes



Lemon



Garlic Clove



Panko Breadcrumbs



Dried Oregano



Pork Mince



Cucumber



Baby Plum Tomatoes



Mint



Greek Style Salad Cheese



Greek Style Natural Yoghurt



Greek Style Flatbreads

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Lemon**	½	¾	1
Garlic Clove**	2	3	4
Panko Breadcrumbs 13)	10g	15g	20g
Dried Oregano	1 sachet	1 sachet	2 sachets
Pork Mince**	240g	360g	480g
Cucumber**	½	¾	1
Baby Plum Tomatoes	125g	190g	250g
Mint**	1 bunch	1 bunch	1 bunch
Greek Style Salad Cheese** 7)	50g	150g	200g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Greek Style Flatbreads 13)	2	3	4

Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	1 tsp	1 tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	684g	100g
Energy (kJ/kcal)	3800 /908	556 /133
Fat (g)	43.8	6.4
Sat. Fat (g)	17.2	2.5
Carbohydrate (g)	86.1	12.6
Sugars (g)	12.9	1.9
Protein (g)	44.9	6.6
Salt (g)	3.1	0.45

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

Allergens

7) Milk 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.


Contact

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Cook the Chips

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the middle shelf until golden, 30-35 mins.



Prep your Salad

Meanwhile, trim the **cucumber** (see ingredients for amount), then quarter lengthways. Chop widthways into small pieces.

Halve the **tomatoes**. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). In a medium bowl, combine the **olive oil for the dressing** (see pantry for amount) and **half the lemon juice**. Season with **salt, pepper** and **sugar** (see pantry for amount).

Toss the **tomatoes** and **cucumber** in the **dressing** and set aside.



Make your Koftas

Meanwhile, zest the **lemon** (see ingredients for amount) and cut into wedges. Peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **breadcrumbs, dried oregano** and **half the garlic** with 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 **small sausage** shapes, 4 per person. Flatten to make **koftas** and pop them onto another baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Mix the Mint Yoghurt

Crumble the **Greek style salad cheese** into small pieces.

Pop the **yoghurt** into a small bowl with the **lemon zest, half the mint** and the remaining **garlic** (add less if you don't love **raw garlic**). Season with **salt** and **pepper**, then mix together.

A few mins before the **koftas** are cooked, pop the **flatbreads** (1 per person) into the oven to warm through, 3-4 mins.



Time to Bake

When the **chips** are halfway through cooking, turn them and return to the oven.

At the same time, pop the **kofta** tray on the top shelf and bake until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The koftas are cooked when no longer pink in the middle.



Finish and Serve

Just before serving, mix the **Greek style salad cheese** and remaining **mint** into the **salad**.

To serve, pop a **flatbread** onto each plate, then pile the **chips, salad, koftas** and **mint yoghurt** on top. Serve your **gyros** with any remaining **chips** and **lemon wedges** alongside.

Enjoy!