



Harissa Pork Koftas on Greek Flatbreads

with Sweet Potato Fries, Baby Leaf Salad and Minty Yoghurt Dressing

Street Food 45 Minutes • Little Spice • 2 of your 5 a day

N° 32



Pork Mince



Harissa Paste



Panko Breadcrumbs



Green Pepper



Sweet Potato Fries



Lemon



Mint



Feta Cheese



Red Chilli



Premium Tomatoes



Greek Yoghurt



Greek Flatbreads



Premium Baby Leaf Mix

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Bowls, Baking Tray, Zester.

Ingredients

	2P	3P	4P
Pork Mince**	240g	360g	480g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Panko Breadcrumbs 13)	10g	15g	20g
Green Pepper**	1	2	2
Sweet Potato Fries**	250g	375g	500g
Lemon**	1	1	1
Mint**	1 bunch	1 bunch	1 bunch
Feta Cheese 7) **	50g	75g	100g
Red Chilli**	½	¾	1
Premium Tomatoes	125g	190g	250g
Greek Yoghurt 7) **	75g	100g	150g
Greek Flatbreads 7) 13)	2	3	4
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Premium Baby Leaf Mix**	50g	100g	100g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	655g	454 g
Energy (kJ/kcal)	3582 /856	547 /131
Fat (g)	44	7
Sat. Fat (g)	15	2
Carbohydrate (g)	75	12
Sugars (g)	14	2
Protein (g)	41	6
Salt (g)	1.93	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Start the Koftas

Preheat your oven to 200°C. Put the **pork mince** into a bowl along with the **harissa paste** and **panko breadcrumbs**. Season with **salt** and **pepper**. Use your hands to thoroughly mix then divide into 4 mini **sausage** shapes per person. Pop onto a plate and set aside. **IMPORTANT:** Remember to wash your hands and equipment after handling raw mince.



Cook the Koftas

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Pop the **pepper** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out in a single layer. Place the **koftas** on top of the **peppers**. Roast on the middle shelf of your oven until the **koftas** are browned and cooked through, 17-20 mins. **IMPORTANT:** The koftas are cooked when no longer pink in the middle.



Bake the Fries

Pop the **sweet potato fries** onto another baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, spread out in a single layer and roast on the top shelf of your oven until golden, 20-25 mins, turning halfway.



Finish the Prep

Zest and halve the **lemon**. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Crumble the **feta**. Halve the **chilli** lengthways, deseed then finely chop. Halve the **premium tomatoes**. Pop **half** of the **lemon zest** and **half** of the **mint** into a small bowl, add the **yoghurt**, season with **salt** and **pepper** and stir to combine.



Make the Salad

Pop the **flatbreads** (1 per person) into the oven 3-4 mins before the **koftas** and **fries** are ready. Squeeze **half** of the **lemon juice** into a large bowl then add the **oil** (see ingredients for amount). Mix in **half** of the **tomatoes** and **chilli**, season with **salt** and **pepper** and set aside.



Serve

Add the **baby leaf mix** to the **tomatoes** and toss to combine. To serve, pile the toppings on the **flatbreads**, **salad**, **tomatoes**, **koftas**, **peppers** and **feta**. Drizzle with the **yoghurt** and finish with a sprinkle of the remaining **mint**, **lemon zest**, and **chilli**. **TIP:** Add less chilli if you don't like too much heat. Serve with the **fries** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.