



MEATBALL WRAPS

with Wedges and Yoghurt Dip



HELLO PAPRIKA

Paprika has been used by zoos to keep flamingos pink!



Pork & Oregano Sausage Meat



Greek Yoghurt



Lemon



Garlic Clove



Mild Paprika



Whole Wheat Soft Tortillas



Red Onion



Potato



Rosemary



Cucumber



Baby Gem Lettuce

MEAL BAG



Hands on: **25** mins
Total: **35** mins



2.5 of your
5 a day



Family Box

If you're looking for a speedy recipe with plenty of flavour, these delicious meatball wraps make a great quick-fix dinner. As we're always looking for clever ways to cut down time in the kitchen, our pork suppliers have perfectly seasoned the sausage meat so that you don't have to! When everything is ready to go, place all the ingredients in the middle of your table and get everyone to build their own wraps exactly how they want them. Fast food at its finest!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, a **Fine Grater** (or **Garlic Press**), **Mixing Bowl** and **Frying Pan**. Now let's get cooking!



1 ROAST THE WEDGES

Preheat your oven to 200°C. Chop the **potato** into 2cm wide wedges (no need to peel). Pop onto a lined baking tray. Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Drizzle a splash of **oil** onto the **wedges** and sprinkle on the **rosemary** and some **salt** and **pepper**. Use your hands to rub the flavours all over the **wedges**. Roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



4 MAKE THE YOGHURT DIP

Meanwhile, shake the **Greek yoghurt** pouch and squeeze into a bowl. Season with **salt** and stir in the remaining **lemon zest**. Mix well and add a pinch of the remaining **paprika**. Taste and add more **paprika** as necessary. Keep to one side.



2 PREP TIME

Halve and peel the **red onion**, then chop each half into four wedges. Add these to the **wedges** when you give them a turn. Peel and grate the **garlic** (or use a garlic press), zest then halve the **lemon**. Pop the **sausage meat** into a mixing bowl and add the **garlic**, **half** the **lemon zest** and **half** the **paprika**. Mix well with your hands and shape into 4 balls per person. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



5 SALAD TIME!

Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways. Pop the **lettuce** and **cucumber** into a large bowl and season with **salt** and **pepper**. Just before serving, dress the **salad** with a squeeze of **lemon juice** and a splash of **olive oil** and toss well.



3 FRY THE MEATBALLS

Heat a splash of **oil** in a frying pan over medium-high heat. When the **oil** is hot, add the **meatballs**. Brown all over, as evenly as possible - 2 mins per side, then lower the heat to medium and cook for another 15-20 mins. Turn the **meatballs** every 2 mins to make sure they don't burn. **! IMPORTANT:** The meatballs are cooked when no longer pink in the middle!



6 TIME TO EAT!

Just before serving, warm the **tortillas** through on another baking tray on the middle shelf of your oven for 2 mins. Serve everything in separate bowls on the table and let everyone build their own **wraps**. We recommend smearing a spoonful of **yogurt dip** on the **tortilla** before topping with the **meatballs** and some **salad** and then folding! Serve the **wedges** and **roasted onion** alongside. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Pork & Oregano Sausage Meat ¹³ ¹⁴ *	300g	450g	600g
Greek Yoghurt ⁷ *	½ pouch	¾ pouch	1 pouch
Lemon *	½	½	1
Garlic Clove *	1	2	2
Mild Paprika	1 small pot	1 small pot	1 large pot
Whole Wheat Soft Tortillas ¹³	4	6	8
Red Onion *	1	2	2
Potato *	1 small pack	1 large pack	2 small packs
Rosemary *	½ bunch	1 bunch	1 bunch
Cucumber *	½	¾	1
Baby Gem Lettuce *	1	2	2

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 813G	PER 100G
Energy (kJ/kcal)	3787 / 905	466 / 111
Fat (g)	36	4
Sat. Fat (g)	14	2
Carbohydrate (g)	111	14
Sugars (g)	13	2
Protein (g)	37	4
Salt (g)	3.77	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

⁷) Milk ¹³) Gluten ¹⁴) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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