



# Pork Kofta Gyros

with Naan Bread, Homemade Tzatziki and Tomato Salad

**STREET FOOD** 40 Minutes • 3 of your 5 a day

N° 18



Lemon



Garlic Clove



Pork Mince



Smoked Paprika



Dried Oregano



Potato



Red Onion



Cider Vinegar



Cucumber



Baby Gem Lettuce



Vine Tomato



Mint



Feta Cheese



Plain Naan



Greek Yoghurt



Honey

## Before you start

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

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Mixing Bowl, Baking Tray and Frying Pan.

### Ingredients

	2P	3P	4P
Lemon**	½	1	1
Garlic Clove**	2 cloves	3 cloves	4 cloves
Pork Mince**	240g	360g	480g
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Dried Oregano	1 small pot	¾ large pot	1 large pot
Potato**	1 small pack	1 large pack	2 small packs
Red Onion**	½	½	1
Cider Vinegar <b>14</b>	1 sachet	1 sachet	2 sachets
Sugar for the Pickle*	1 tsp	1 tsp	2 tsp
Cucumber**	½	¾	1
Baby Gem Lettuce**	1	1½	2
Vine Tomato	2	3	4
Mint**	1 bunch	1 bunch	1 bunch
Feta Cheese <b>7</b> **	1 block	1½ blocks	2 blocks
Plain Naan <b>7</b> <b>13</b>	2	3	4
Greek Yoghurt <b>7</b> **	150g	150g	300g
Honey	1 sachet	2 sachets	2 sachets

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	896g	100g
Energy (kJ/kcal)	4563 /1091	510 /122
Fat (g)	50	6
Sat. Fat (g)	23	3
Carbohydrate (g)	114	13
Sugars (g)	19	2
Protein (g)	49	6
Salt (g)	2.07	0.23

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, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

Thumbs up or thumbs down?

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Packed in the UK



## 1. Make the Koftas

Preheat your oven to 200°C. Zest the **lemon** then chop into wedges. Peel and grate the **garlic** (or use a garlic press). Put the **pork mince** in a bowl along with the **smoked paprika**, **dried oregano**, **half the garlic** and **half the lemon zest**. Season with **salt** and **pepper**. Use your hands to thoroughly mix then divide into 4 small balls per person. Pop on a plate and set aside. **IMPORTANT:** Remember to wash your hands after handling raw meat.



## 4. Chop Chop

Trim the **cucumber** then halve lengthways. Chop each half into 4 long strips then chop widthways into small pieces. Trim the root from the **baby gem lettuce** then half lengthways. Thinly slice widthways. Chop the **vine tomatoes** into 2cm chunks. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



## 2. Cook the Chips

Peel the **potatoes** then chop into 2cm wide chips. Pop on a baking tray, drizzle with **oil** then season with **salt** and **pepper**. Toss to coat, spread out and roast on the top shelf of your oven until golden, 25-30 mins, turning halfway.



## 5. Fry the Koftas

Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **pork koftas** and fry until browned and cooked through, 8-10 mins, turning often. **IMPORTANT:** The koftas are cooked when no longer pink in the middle. Meanwhile, crumble the **feta** and scatter over the **potatoes** for the final 5 mins of cooking time. When everything is almost cooked, pop the **naans** in your oven to warm up for 1-2 mins.



## 3. Pickle the Onion

Meanwhile, halve, peel and thinly slice the **red onion**. Pop in a small bowl along with the **cider vinegar** and **sugar** (see ingredients for amount). Season with **salt**, stir to combine then set aside.



## 6. Salad Time

Meanwhile, pop the **cucumber**, remaining **garlic**, remaining **lemon zest**, **yoghurt** and **half the mint** in a bowl. Season with **salt** and **pepper**, mix and set aside (this is your **tzatziki**). Put the **tomatoes**, **honey** and **half the lemon juice** in another bowl. Season with **salt** and **pepper**, mix and set aside. To serve, pile all the toppings on the **naans**! **Lettuce**, **chips**, **tomato salad**, **koftas**, **tzatziki** and **pickled onion** - finish with the remaining **mint** and **lemon**.

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.