

# **Pork Kofta Gyros**

with Naan Bread, Homemade Tzatziki and Tomato Salad

STREET FOOD 40 Minutes • 3 of your 5 a day









**Garlic Clove** 

Lemon



Pork Mince



Smoked Paprika



Dried Oregano





**Red Onion** 



Cider Vinegar



Cucumber



Baby Gem Lettuce



Vine Tomato





Feta Cheese





Greek Yoghurt



Honey

# Before you start

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

#### Basic cooking tools, you will need:

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

#### **Ingredients**

	2P	3P	4P	
1 **				
Lemon**	1/2	1	1	
Garlic Clove**	2 cloves	3 cloves	4 cloves	
Pork Mince**	240g	360g	480	
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**	1/2	1/2	1	
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets	
Sugar for the Pickle*	1 tsp	1 tsp	2 tsp	
Cucumber**	1/2	3/4	1	
Baby Gem Lettuce**	1	1½	2	
Vine Tomato**	2	3	4	
Mint**	1 bunch	1 bunch	1 bunch	
Feta Cheese 7)**	1 block	1½ blocks	2 blocks	
Plain Naan <b>7) 13)</b>	2	3	4	
Greek Yoghurt 7)**	150g	150g	300g	
Honey	1 sachet	2 sachets	2 sachets	
*Not Included ** Store in the Fridge				

#### **Nutrition**

Per serving	Per 100g
896g	100g
4563/1091	510/122
50	6
23	3
114	13
19	2
49	6
2.07	0.23
	896g 4563/1091 50 23 114 19 49

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

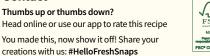
7) Milk 13) Gluten 14) Sulphites

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.

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

#### Contact

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## 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.



# 2. Bake 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.



## 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.



# 4. Chop Chop

Trim the **cucumber** then halve lengthways. Chop each half into 4 long strips then chop witdthways 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).



# 5. Frv the Kofta

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.



## 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.