



# Pork Kofta Gyros and Chips

with Naan Bread, Homemade Tzatziki and Tomato Salad

Street Food 40 Minutes • 2.5 of your 5 a day









Pork Mince



Smoked Paprika





Dried Oregano



**Red Onion** 



Cider Vinegar



Cucumber



Baby Gem Lettuce



Tomatoes





Feta Cheese





**Greek Yoghurt** 



## Before you start

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

# Cooking tools, you will need:

Fine Grater, Mixing Bowl, Baking Tray and Frying Pan.

Incredients

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	2P	3P	4P	
Lemon**	1/2	1	1	
Garlic Clove**	2 cloves	3 cloves	4 cloves	
Pork Mince**	240g	360g	480g	
Smoked Paprika	1 pot	1 pot	2 pots	
Dried Oregano	1 pot	1 pot	2 pots	
Potato**	3	4	6	
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	
Tomatoes	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
for uncooked ingredient	962g	100g
Energy (kJ/kcal)	4780/1143	497 /119
Fat (g)	50	5
Sat. Fat (g)	23	2
Carbohydrate (g)	126	13
Sugars (g)	21	2
Protein (g)	50	5
Salt (g)	2.08	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

## **Allergens**

7) Milk 13) Gluten 14) Sulphites

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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### 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*.



## Bake the Chips

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



#### Pickle the Onion

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



# **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 **tomatoes** into 2cm chunks. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



# Fry 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.



#### 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.