



Pork Kofta Gyros

with Naan Bread, Homemade Tzatziki and Tomato Salad

Street Food 40 Minutes • 3 of your 5 a day

29



Lemon



Garlic Clove



Pork Mince



Smoked Paprika



Dried Oregano



Potato



Red Onion



Cider Vinegar



Cucumber



Baby Gem Lettuce



Medium Tomatoes



Mint



Feta Cheese



Plain Naan



Greek Yoghurt



Honey

Before you start

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

Cooking tools, you will need:

Mixing Bowl, Two Baking Trays 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 sachet	1 large sachet	2 small sachets
Dried Oregano	1 small sachet	1 large sachet	2 small sachets
Potato**	450g	700g	900g
Red Onion**	½	½	1
Cider Vinegar 14)	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
Medium Tomatoes	2	3	4
Mint**	1 bunch	1 bunch	1 bunch
Feta Cheese 7) 13)	100g	150g	200g
Plain Naan 7) 13)	2	3	4
Greek Yoghurt 7)	150g	150g	300g
Honey	1	2	2

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	894g	100g
Energy (kJ/kcal)	4176 / 998	467 / 112
Fat (g)	41	5
Sat. Fat (g)	20	2
Carbohydrate (g)	113	13
Sugars (g)	21	2
Protein (g)	47	5
Salt (g)	2.00	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.

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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.**

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

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.

5



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 it over the **potatoes** for the final 5 mins of cooking time. When everything is almost cooked, pop the **naans** on a baking tray and sprinkle on a little **water**. Bake in your oven until warmed through, 2-4 mins.

3



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.

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.