



Pork Kofta Gyros

with Naan Bread, Tzatziki and Tomato Salad

Street Food 40 Minutes • 2 of your 5 a day

29



Lemon



Garlic Clove



Panko Breadcrumbs



Chermoula Spice



Dried Oregano



Pork Mince



Potato



Red Onion



Cider Vinegar



Cucumber



Iceberg Lettuce



Medium Tomatoes



Mint



Feta Cheese



Naan



Greek Yoghurt



Honey

Before you start

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

Cooking tools, you will need:

Zester, Garlic Press, Bowls, Plate, Baking Tray, Frying Pan.

Ingredients

	2P	3P	4P
Lemon**	½	1	1
Garlic Clove	2	3	4
Panko Breadcrumbs 13)	10g	15g	20g
Water*	2 tbsp	3 tbsp	4 tbsp
Chermoula Spice	1 sachet	1 sachet	2 sachets
Dried Oregano	1 sachet	1 sachet	2 sachets
Pork Mince**	240g	360g	480g
Potato**	450g	700g	900g
Red Onion**	½	½	1
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Sugar*	1 tsp	1 tsp	2 tsps
Cucumber**	½	¾	1
Iceberg Lettuce**	100g	100g	200g
Medium Tomatoes	2	3	4
Mint**	1 bunch	1 bunch	1 bunch
Feta Cheese 7) **	100g	150g	200g
Naan 7) 11) 13)	2	3	4
Greek Yoghurt 7)	150g	150g	300g
Honey	1 sachet	2 sachets	2 sachets
Water*	2 tsps	3 tsps	4 tsps

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	862g	100g
Energy (kJ/kcal)	3922/937	455/109
Fat (g)	34	4
Sat. Fat (g)	15	2
Carbohydrate (g)	116	13
Sugars (g)	19	2
Protein (g)	44	5
Salt (g)	1.71	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **11)** Soya **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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HelloFresh UK

Packed in the UK

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You can recycle me!



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). Pop the **panko breadcrumbs** into a bowl. Add the **water** (see ingredients for amount), **chermoula**, **dried oregano**, **half the garlic** and **half the lemon zest**. Season with **salt** and **pepper**. Add the **pork mince**, mix with your hands until combined and shape into **4 small sausage shapes** per person. Flatten to make **koftas**. Pop onto a plate, cover and put into the fridge until ready to cook. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*



Chop Chop

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



Roast the Chips

Chop the **potatoes** lengthways into 2cm slices, then chop into 2cm wide chips. Pop onto 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.



Fry the Koftas

Heat a drizzle of **oil** in a large frying pan over a medium-high heat. Once hot add the **koftas** and fry until browned all over and cooked through, 10-12 mins. **IMPORTANT:** *The koftas are cooked when no longer pink in the middle.* Meanwhile, crumble the **feta** then set aside. When everything is almost cooked, pop the **naans** onto a baking tray and sprinkle on a little **water**. Bake in your oven until warmed through, 2-3 mins.



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.



Finish and Serve

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. 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 of the **toppings** on the **naans**; **lettuce**, **chips**, **tomato salad**, **koftas**, **tzatziki** and **pickled onion**. Finish with the remaining **mint** and **lemon** and a sprinkle of **feta**.

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.