



Chermoula Pork Koftas and Lemon Fries

with Roasted Garlic Yoghurt and Pea Shoot Salad

27

Calorie Smart 35-40 Minutes • 1 of your 5 a day • Under 650 Calories



Bamboo Skewers



Potatoes



Garlic Clove



Lemon



Chermoula Spice Mix



Panko Breadcrumbs



Pork Mince



Greek Style Natural Yoghurt



Medium Tomato



Greek Style Salad Cheese



Pea Shoots



Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, aluminium foil, fine grater, garlic press, bowl and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Bamboo Skewers	4	6	8
Potatoes	450g	700g	900g
Garlic Clove**	3	4	6
Lemon**	½	1	1
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13	10g	15g	20g
Pork Mince**	240g	360g	480g
Greek Style Natural Yoghurt** (7)	75g	120g	150g
Medium Tomato	1	1½	2
Greek Style Salad Cheese** (7)	30g	45g	60g
Pea Shoots**	40g	80g	80g
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	518g	100g	518g	100g
Energy (kJ/kcal)	2680 / 641	517 / 124	2454 / 587	474 / 113
Fat (g)	34.2	6.6	27.6	5.3
Sat. Fat (g)	14.3	2.8	13.1	2.5
Carbohydrate (g)	53.8	10.4	53.6	10.3
Sugars (g)	8.4	1.6	8.2	1.6
Protein (g)	34.7	6.7	37.9	7.3
Salt (g)	1.96	0.38	2.00	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Eyes on the Fries

Preheat your oven to 220°C/200°C fan/gas mark 7.

Soak your **skewers** in **cold water** (this will prevent them from burning).

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide **fries** (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Time to Bake

Transfer the **koftas** to a large baking tray and bake on the middle shelf of your oven until browned on the outside and cooked through, 12-15 mins.

IMPORTANT: The koftas are cooked when no longer pink in the middle.

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

In a small bowl, combine the **roasted garlic** and **yoghurt**. Season with **salt** and **pepper**. Set aside.



Start Prepping

Meanwhile, pop **two thirds** of the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Roast the **garlic parcel** on the baking tray with the **fries** until soft, 10-12 mins.

Zest and halve the **lemon** (see ingredients for amount). Peel and grate the remaining **garlic** (or use a garlic press).



Dress the Tomatoes

While the **koftas** bake, cut the **tomato** into 1cm chunks. Add to a medium bowl with a squeeze of **lemon**, the **sugar for the dressing** (see pantry for amount) and a drizzle of **olive oil**. Season with **salt** and **pepper**, then mix well.

When the **fries** are cooked, crumble over the **Greek style salad cheese** and toss with the remaining **lemon zest**.



Shape the Koftas

In a large bowl, combine the **chermoula spice mix**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), the remaining **garlic** and **half the lemon zest**.

Add the **pork mince**, season with **pepper** and mix together with your hands. Shape into **sausage** shapes, 2 per person. Flatten to make **koftas** and thread a **skewer** through each one. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Finish and Serve

Just before you're ready to serve, add the **pea shoots** to the **tomato chunks** and toss to coat.

Share your **chermoula koftas** between your plates and drizzle over the **roasted garlic yoghurt**.

Serve the **lemon fries** and **pea shoot** salad alongside.

Enjoy!