



Glazed Koftas and Spiced Chips

with Harissa Mayo and Tomato & Cucumber Salad

26

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



Potatoes



Roasted Spice
and Herb Blend



Garlic Clove



Breadcrumbs



Harissa Paste



Beef Mince



Cucumber



Medium Tomato



Red Wine
Vinegar



Mayonnaise

Pantry Items

Oil, Salt, Pepper, Olive Oil, Honey

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, garlic press and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|------------------------------|----------|----------|-----------|
| Potatoes | 450g | 700g | 900g |
| Roasted Spice and Herb Blend | 1 sachet | 1 sachet | 2 sachets |
| Garlic Clove** | 1 | 2 | 2 |
| Breadcrumbs 13 | 10g | 15g | 20g |
| Harissa Paste 14 | 50g | 75g | 100g |
| Beef Mince** | 240g | 360g | 480g |
| Cucumber** | ½ | ¾ | 1 |
| Medium Tomato | 1 | 2 | 2 |
| Red Wine Vinegar 14 | 12g | 18g | 24g |
| Mayonnaise 8 9 | 32g | 48g | 64g |

| Pantry | 2P | 3P | 4P |
|----------------------------|---------|----------|---------|
| Salt for the Breadcrumbs* | ¼ tsp | ½ tsp | ½ tsp |
| Water for the Breadcrumbs* | 2 tbsps | 3 tbsps | 4 tbsps |
| Honey* | 1 tbsps | 1½ tbsps | 2 tbsps |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|------------------|-----------------|
| Energy (kJ/kcal) | 553g 2656/635 | 100g 480/115 |
| Fat (g) | 32.6 | 5.9 |
| Sat. Fat (g) | 9.4 | 1.7 |
| Carbohydrate (g) | 57.7 | 10.4 |
| Sugars (g) | 13.4 | 2.4 |
| Protein (g) | 33.8 | 6.1 |
| Salt (g) | 2.05 | 0.37 |

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

8) Egg **9)** Mustard **13)** Cereals containing gluten
14) Sulphites

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.

Contact

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1 Chip, Chip, Hooray

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, sprinkle over **half** the **roasted spice and herb blend**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the middle shelf until golden, 30-35 mins. Turn halfway through.



4 Prep the Salad

While the **koftas** bake, clean the (now empty) bowl.

Trim the **cucumber** (see ingredients for amount), then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways. Cut the **tomato** into 1cm chunks.

In the clean bowl, combine the **red wine vinegar** with a drizzle of **olive oil** and a pinch of **sugar** (if you have any). Season with **salt** and **pepper**.

Add the **tomato** and **cucumber** to the **dressing** and toss to combine.



2 Mix the Mince

Meanwhile, peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **garlic**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts) with the remaining **roasted spice and herb blend** and **half** the **harissa paste** (add less if you'd prefer things milder).

Add the **beef mince**, season with **pepper** and mix together with your hands.



5 Finishing Touches

In a small bowl, combine the **mayo** and remaining **harissa**.

Once the **koftas** are cooked, drain and discard any excess fat from the tray.

Drizzle the **honey** (see pantry for amount) over the **koftas**, then turn to coat them in the **glaze**.



3 Bake your Koftas

Shape the **mince mixture** into **mini sausage** shapes, 4 per person. Flatten to make **koftas**.

Pop the **koftas** onto another large baking tray.

Bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The koftas are cooked when no longer pink in the middle.



6 Serve Up

When everything's ready, share the **glazed koftas**, **spiced chips** and **salad** between your plates.

Finish by drizzling the **harissa mayo** over the **koftas**.

Enjoy!



Weight Watchers