



Spiced Beef Koftas

with Paprika Butter and Yoghurt Sauce

Classic 35-40 Minutes • Mild Spice

8



Potatoes



Garlic Clove



Roasted Spice & Herb Blend



Panko Breadcrumbs



Beef Mince



Medium Tomato



Red Wine Vinegar



Greek Style Natural Yoghurt



Red Pepper Chilli Jelly



Smoked Paprika



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Baking tray, garlic press, bowl, aluminium foil and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	3	4	6
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13	10g	15g	20g
Beef Mince**	240g	360g	480g
Medium Tomato	1	1½	2
Red Wine Vinegar 14	12g	18g	24g
Greek Style Natural Yoghurt** 7	75g	120g	150g
Red Pepper Chilli Jelly	25g	37g	50g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Baby Leaf Mix**	20g	30g	40g
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
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Butter*	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	494g	100g
Energy (kJ/kcal)	2704 /646	548 /131
Fat (g)	32.9	6.7
Sat. Fat (g)	14.2	2.9
Carbohydrate (g)	58.5	11.8
Sugars (g)	13.7	2.8
Protein (g)	35.4	7.2
Salt (g)	1.54	0.31

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **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**, 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 middle shelf until golden, 30-35 mins. Turn halfway through.



4 Get Prepped

Meanwhile, cut the **tomato** into 1cm chunks.

In a medium bowl, combine the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, stir through the **tomatoes**, then set aside.

Once the **roasted garlic** has 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**, then stir well.



2 Make the Koftas

Meanwhile, peel and grate **1 garlic clove** (or use a garlic press).

In a large bowl, combine the **grated garlic**, **roasted spice and herb blend**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince**.

Season with **pepper** and mix together with your hands.

Shape into mini **sausage** shapes, 4 per person. Flatten to make **koftas**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



5 Bring on the Paprika Butter

When everything's nearly ready, add the **red pepper chilli jelly**, **smoked paprika** and the **butter** (see pantry for amount) to a large frying pan on medium heat.

Warm through to melt the **butter**, 1 min. Mix to combine.

Once cooked, add the **koftas** to the pan and stir to coat. Cook until piping hot, 1-2 mins. Add a splash of **water** if it's a little too thick.



3 Time to Bake

Pop the remaining **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Arrange the **koftas** onto one side of a large baking tray. Place the **garlic parcel** on the other side of the tray.

When the oven is hot, bake on the top shelf until the **koftas** are browned on the outside and cooked through, 12-15 mins. Remove the **garlic parcel** and set aside to cool. **IMPORTANT:** The koftas are cooked when no longer pink in the middle.



6 Finish and Serve

When you're almost ready to serve, toss the **baby leaves** with the **tomatoes** and **dressing**.

To serve, spoon the **yoghurt** onto one side of each plate and top with the **beef koftas**. Spoon over the remaining **paprika butter** from the pan.

Serve with the **chips** and **salad** on the side.

Enjoy!