



# Veggie Koftas and Harissa Mayo with Sesame Wedges and Cumin Roasted Carrots

Spring Greens 35-40 Minutes • Medium Spice • 2 of your 5 a day • Veggie

21



Potatoes



Carrot



Unconventional Plant-Based Burgers



Mayonnaise



Greek Style Salad Cheese



Roasted White Sesame Seeds



Ground Cumin



Roasted Spice and Herb Blend



Harissa Paste

**Pantry Items**

Oil, Salt, Pepper, Honey



## 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 and bowl.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Roasted White Sesame Seeds <b>3)</b>	5g	7g	10g
Carrot**	3	5	6
Ground Cumin	1 sachet	1 sachet	2 sachets
Unconventional Plant-Based Burgers** <b>11)</b>	2	3	4
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Mayonnaise <b>8) 9)</b>	32g	48g	64g
Harissa Paste <b>14)</b>	50g	75g	100g
Greek Style Salad Cheese** <b>7)</b>	50g	100g	100g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Honey*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2887 / 690	510 / 122
Fat (g)	32.3	5.7
Sat. Fat (g)	10.2	1.8
Carbohydrate (g)	78.4	13.8
Sugars (g)	26.6	4.7
Protein (g)	24.2	4.3
Salt (g)	2.70	0.48

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

## Allergens

**3)** Sesame **7)** Milk **8)** Egg **9)** Mustard **11)** Soya **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, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Prep the Sesame Wedges

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

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, sprinkle over the **sesame seeds**, 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, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Time to Bake

When the **carrots** have 10 mins remaining, remove the tray from the oven. Drizzle over **two thirds** of the **honey** (see pantry for amount) and toss to coat.

Pop the **plant-based koftas** alongside the **carrots** on the same tray.

Return to the middle shelf of your oven until the **carrots** are caramelised and **koftas** are browned on the outside, 10-12 mins. **IMPORTANT:** Ensure the **koftas** are piping hot throughout.

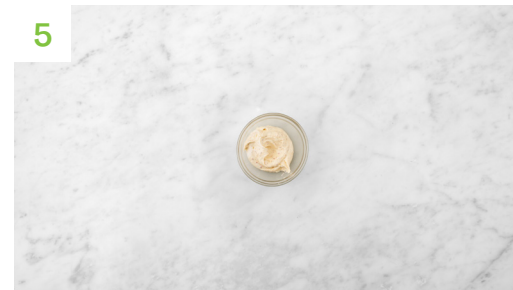


## Roast the Cumin Carrots

Meanwhile, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **carrots** onto a large baking tray. Drizzle with **oil**, sprinkle over the **cumin**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Roast on the middle shelf of your oven until tender, 20-25 mins. Turn halfway through.



## Mix It Up

Meanwhile, in a small bowl, combine the **mayonnaise**, **harissa paste** (add less if you'd prefer things milder) and remaining **honey** (see pantry for amount).

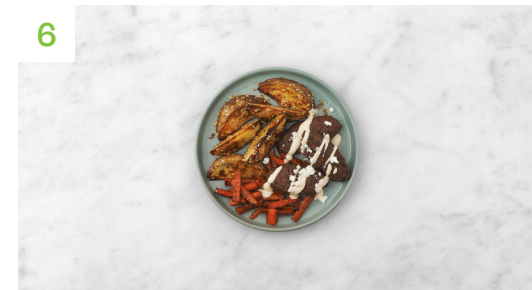


## Make your Koftas

While everything roasts, break up the **plant-based burgers** into a large bowl.

Add the **roasted spice and herb blend** and a pinch of **pepper**.

Using your hands, mix well and shape into **koftas**, 3 per person.



## Serve Up

When everything's ready, share the **veggie koftas** between your plates.

Serve the **sesame wedges** and **cumin carrots** alongside.

Drizzle the **harissa mayo** over the **koftas** and crumble the **Greek style cheese** to finish.

## Enjoy!