






Greek Inspired Pork Kofta Gyros and Chips

with Houmous, Parsley Yoghurt, Greek Style Cheese and Tomato & Cucumber Salad

Street Food 40-50 Minutes • 2 of your 5 a day



-  Potatoes
-  Lemon
-  Garlic Clove
-  Flat Leaf Parsley
-  Breadcrumbs
-  British Pork Mince
-  Cucumber
-  Baby Plum Tomatoes
-  Greek Style Natural Yoghurt
-  Greek Style Flatbreads
-  Greek Style Salad Cheese
-  Houmous

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
Lemon**	½	¾	1
Garlic Clove**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Breadcrumbs 13	10g	15g	20g
British Pork Mince**	240g	360g	480g
Cucumber**	½	¾	1
Baby Plum Tomatoes	125g	190g	250g
Greek Style Natural Yoghurt** 7	75g	120g	150g
Greek Style Flatbreads 13	2	3	4
Greek Style Salad Cheese** 7	50g	150g	200g
Houmous** 3	100g	150g	200g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	1 tsp	1 tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4429 /1058	588 /141
Fat (g)	52.9	7.0
Sat. Fat (g)	18.3	2.4
Carbohydrate (g)	97.6	13.0
Sugars (g)	13.7	1.8
Protein (g)	48.5	6.4
Salt (g)	2.80	0.37

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

Allergens

3) Sesame **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, mollusc, 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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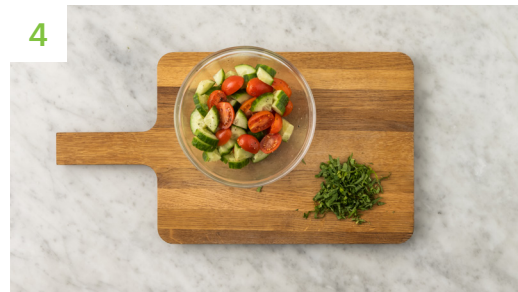
Cook the Chips

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 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 middle shelf until golden, 30-35 mins.



Prep your Salad

Meanwhile, trim the **cucumber** (see ingredients for amount), then quarter lengthways. Chop widthways into small pieces. Halve the **tomatoes**.

In a medium bowl, combine the **olive oil for the dressing** (see pantry for amount) and **half the lemon juice** from the **lemon wedges**. Season with **salt**, **pepper** and **sugar** (see pantry for amount).

Toss the **tomatoes** and **cucumber** in the **dressing** and set aside.

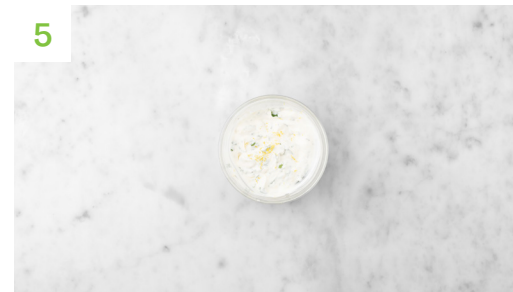


Make your Koftas

Meanwhile, zest the **lemon** (see ingredients for amount) and cut into wedges. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all).

In a large bowl, combine the **breadcrumbs**, **half the garlic** and **half the parsley** with the **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince**. Season with **pepper** and mix together with your hands.

Shape into small **sausage** shapes, 4 per person. Flatten to make **koftas** and pop them onto another baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Mix the Parsley Yoghurt

Pop the **yoghurt** into a small bowl with the **lemon zest**, remaining **garlic** (add less if you'd prefer to) and the remaining **parsley**. Season with **salt** and **pepper**, then mix together.

A few mins before the **koftas** are cooked, pop the **flatbreads** (1 per person) into the oven to warm through, 3-4 mins.



Time to Bake

When the **chips** are halfway through cooking, turn them and return to the oven.

At the same time, pop the **kofta** tray on the top shelf and bake until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The koftas are cooked when no longer pink in the middle.



Finish and Serve

Just before serving, crumble the **Greek style salad cheese** into the **salad**.

To serve, pop a **flatbread** onto each plate, then pile the **chips**, **salad**, **koftas** and **parsley yoghurt** on top.

Serve your **gyros** with a dollop of **houmous**, any remaining **chips** and **lemon wedges** alongside for squeezing over.

Enjoy!