

Asian Style Sweet Chilli Pork Koftas

with Spiced Wedges and Smacked Cucumber Salad

Calorie Smart 30-35 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Potatoes



Thai Style
Spice Blend



Breadcrumbs



British Pork Mince



Lime



Cucumber



Sambal Paste



Soy Sauce



Baby Leaf Mix



Sweet Chilli Sauce



Unconventional
Plant-Based
Burger

Pantry Items

Oil, Salt, Pepper, Mayonnaise

Make it Vegetarian

If you chose to make this recipe veggie,
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. Ingredients in red are hot!

Cooking tools

Baking tray, bowl, fine grater and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Thai Style Spice Blend 3)	1 sachet	1½ sachets	2 sachets
Breadcrumbs 13)	10g	15g	20g
British Pork Mince**	240g	360g	480g
Lime**	½	1	1
Cucumber**	½	¾	1
Sambal Paste	10g	15g	20g
Soy Sauce 11) 13)	15ml	15ml	25ml
Baby Leaf Mix**	20g	50g	50g
Sweet Chilli Sauce	32g	48g	64g
Unconventional Plant-Based Burger** 11)	2	4	4
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Mayonnaise*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	522g	100g	476g	100g
Energy (kJ/kcal)	2657 /635	509 /122	2134 /510	448 /107
Fat (g)	32.5	6.2	19.0	4.0
Sat. Fat (g)	10.2	2.0	5.9	1.2
Carbohydrate (g)	59.3	11.4	65.3	13.7
Sugars (g)	11.1	2.1	11.3	2.4
Protein (g)	30.4	5.8	20.8	4.4
Salt (g)	2.90	0.56	3.08	0.65

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


Allergens

3) Sesame **11)** Soya **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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

 You can recycle me!

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Roast the Wedges

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

Chop the **potatoes** into 2cm wide wedges (no need to peel) and pop onto a large baking tray. Drizzle with **oil**, then sprinkle over **half** the **Thai style spice blend** (add less if you'd prefer things milder) and season with **salt** and **pepper**. Toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.

Make it Vegetarian

If you've chosen the veggie version, cook the **wedges** on the top shelf of your oven, 25-35 mins.



Smacked Cucumber Time

Next, trim the **cucumber** (see ingredients for amount), then pop it onto a board and use a rolling pin to gently smack it a few times until split. Cut into roughly 2cm chunks.

In a large bowl, add the **sambal paste** (add less if you'd prefer things milder), a good squeeze of **lime juice** and **soy sauce**. Season, add a generous pinch of **sugar** and a drizzle of **oil**, then mix to combine. Add the **cucumber** to the bowl and toss to combine. **TIP:** Keep the other half of the cucumber for another recipe.



Make the Koftas

Meanwhile, in a large bowl, combine the remaining **Thai style spice blend**, **breadcrumbs** and 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 mini **sausage** shapes, 4 per person. Flatten to make **koftas**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

Make it Vegetarian

Break up the **plant-based burgers** and add the **spices**. Using your hands, mix together and shape into **koftas**, 2 per person. **TIP:** Omit the breadcrumbs, salt and water for the koftas.



Finishing Touches

In another small bowl, combine the **lime zest** and the **mayo** (see pantry for amount).

When everything's ready, add the **baby leaves** into the **cucumber salad** and toss.



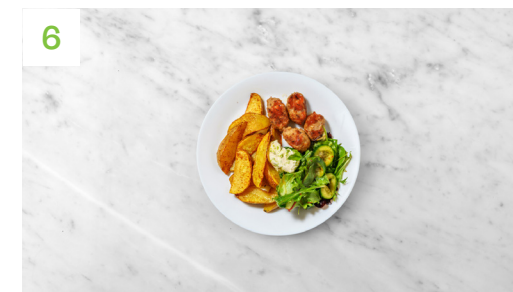
Time to Bake

When the **wedges** are halfway through cooking, pop the **koftas** onto a large baking tray. Bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The koftas are cooked when no longer pink in the middle.

While everything cooks, zest and halve the **lime** (see ingredients for amount).

Make it Vegetarian

Cook the **veggie koftas** on a lined baking tray on the middle shelf of your oven, 10-12 mins. **IMPORTANT:** Ensure they're piping hot throughout.



Serve Up

Once cooked, share the **pork koftas** between your plates. Drizzle over the **sweet chilli sauce**.

Serve the **spicy potato wedges** and **smacked cucumber salad** on the side, along with the **zesty mayo** for dipping.

Cut any remaining **lime** into wedges for squeezing over.

Enjoy!