

# Santorini Style Tomatokeftedes

with Homemade Tzatziki and Lemon, Green Bean & Baby Leaf Salad

A Taste of Greece 40-45 Minutes • 4 of your 5 a day



Medium Tomato



Flat Leaf Parsley



Red Onion



Greek Style Salad Cheese



Cucumber



Lemon



Greek Style Natural Yoghurt



Green Beans



Baby Gem Lettuce

#### Pantry Items

Oil, Salt, Pepper, Egg, Plain Flour, Sugar, Olive Oil



Tomatokeftedes are a typical Greek appetiser - small tomato croquettes originating from the Cyclades. The intense flavour comes from tomatoes grown without water in the natural volcanic soils of the area. These croquettes or fritters are mixed with Greek style salad cheese, onion and parsley before being fried in hot oil for a crispy outside.



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Sieve, bowl, fine grater, frying pan, kitchen paper, kettle, saucepan and colander.

## Ingredients

Ingredients	2P	3P	4P
Medium Tomato	4	6	8
Flat Leaf Parsley**	1 bunch	1 bunch	2 bunches
Red Onion	1	1½	2
Greek Style Salad Cheese**			
7)	100g	150g	200g
Cucumber**	1	1½	2
Lemon**	1	1	1
Greek Style Natural Yoghurt** 7)	75g	112g	150g
Green Beans**	80g	150g	150g
Baby Gem Lettuce**	1	2	2
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Salt*	½ tsp	¾ tsp	1 tsp
Egg*	1	1½	2
Plain Flour*	6 tbsp	9 tbsp	12 tbsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	720g 1952/466	100g 271/65
Fat (g)	24.5	3.4
Sat. Fat (g)	12.3	1.7
Carbohydrate (g)	45.5	6.3
Sugars (g)	20.2	2.8
Protein (g)	20.8	2.9
Salt (g)	2.98	0.41

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

## Allergens

### 7) Milk

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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## Start the Prep

Quarter the **tomatoes**, scoop out the seeds and discard. Chop as finely as possible.

Place in a sieve and sprinkle over the **salt** (see pantry for amount). Let it sit for a few mins, then press with the back of a spoon to remove as much **water** as possible.

Roughly chop the **parsley** (stalks and all). Thinly slice the **red onion**.



## Make your Fritters

In a medium bowl, combine the **sliced onion**, **strained tomatoes**, **egg** and **flour** (see pantry for both amounts).

Crumble in the **Greek style salad cheese**, season with **pepper** and add **half** the **parsley**. Stir until well combined. Set aside for now.



## Mix your Tzatziki

Meanwhile, trim the **cucumber**, then halve lengthways. Thinly slice widthways.

Zest and quarter the **lemon** into wedges. Trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.

In another medium bowl, combine the **cucumber**, **Greek style yoghurt**, a pinch of **lemon zest** and a squeeze of **lemon juice**. Add the remaining **parsley**, then season with **salt** and **pepper**. Stir to combine and set your **tzatziki** aside for later.



## Get Frying

Heat a large frying pan to medium-high heat with enough **oil** to coat the bottom.

Once hot, place heaped tablespoons of the **fritter mixture** (in batches) into the pan. Flatten slightly with the back of your spoon, then fry until golden and cooked through, 3-4 mins each side. **TIP: Don't flip them too early, they need time to set.**

Once cooked, transfer to a plate lined with kitchen paper.

Keep cooking in batches until all the **mixture** is used up - you should get 3-4 fritters per person. **TIP: Add extra oil in between batches if needed.**



## Bring on the Beans

In the meantime, trim the **green beans**. Boil a half-full kettle.

Pour the **boiled water** into a saucepan with **½ tsp salt** and heat on high. Bring back to the boil, then add the **green beans** and cook until just tender, 4-6 mins.

Meanwhile, in a large bowl, combine a squeeze of **lemon juice** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Once the **beans** are tender, drain in a colander, then add the **green beans** to the **dressing**.



## Finish and Serve

Just before you're ready to serve, toss the **baby gem** through the **dressing** with the **beans**.

Share your **tomatokeftedes** between plates and serve your **tzatziki** and **salad** alongside.

Serve any remaining **lemon wedges** alongside for squeezing over.

## Enjoy!