

Chermoula Pork Koftas and Lemon Fries

with Roasted Garlic Yoghurt and Pea Shoot Salad

Calorie Smart 35-40 Minutes • 1 of your 5 a day • Under 650 Calories







Bamboo Skewers





Garlic Clove





Chermoula Spice





Pork Mince



Panko Breadcrumbs

Greek Style Natural Yoghurt



Medium Tomato



Greek Style Salad Cheese



Pea Shoots

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, aluminium foil, fine grater, garlic press, bowl and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P	
Bamboo Skewers	4	6	8	
Potatoes	450g	700g	900g	
Garlic Clove**	3	4	6	
Lemon**	1/2	1	1	
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets	
Panko Breadcrumbs 13)	10g	15g	20g	
Pork Mince**	240g	360g	480g	
Greek Style Natural Yoghurt** 7)	75g	120g	150g	
Medium Tomato	1	1½	2	
Greek Style Salad Cheese** 7)	30g	45g	60g	
Pea Shoots**	40g	80g	80g	
Pantry	2P	3P	4P	
Salt for the Breadcrumbs*	1/4 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	
*Not Included **Store in the Fridge				

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	518g	100g
Energy (kJ/kcal)	2680 /641	517/124
Fat (g)	34.2	6.6
Sat. Fat (g)	14.3	2.8
Carbohydrate (g)	53.8	10.4
Sugars (g)	8.4	1.6
Protein (g)	34.7	6.7
Salt (g)	1.96	0.38

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal). Points™ values based on low-cal cooking spray oil.

Allergens

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, 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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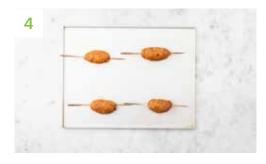


Get your Chips On

Preheat your oven to 220°C/200°C fan/gas mark 7. Soak your **skewers** in **cold water** (this will prevent them from burning).

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 top shelf until golden, 25-30 mins. Turn halfway through.



Time to Bake

Transfer the **koftas** to a large baking tray and bake on the middle shelf of your oven until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The koftas are cooked when no longer pink in the middle.

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

In a small bowl, mix the **roasted garlic** with the yoghurt. Season, then set aside.



Start Prepping

Meanwhile, pop two thirds of the garlic (unpeeled) into a small piece of foil with a drizzle of oil and scrunch to enclose it. Roast the garlic parcel on the baking tray with the chips until soft, 10-12 mins.

Zest and halve the **lemon**. Peel and grate the remaining garlic (or use a garlic press).



Shape the Koftas

In a large bowl, combine the chermoula spice mix, breadcrumbs, salt and water for the breadcrumbs (see pantry for both amounts), the remaining garlic and half the lemon zest.

Add the **pork mince**, season with **pepper** and mix together with your hands.

Shape into sausage shapes, 2 per person. Flatten to make **koftas** and thread a **skewer** through each one. IMPORTANT: Wash your hands and equipment after handling raw mince.



Prep the Tomato

While the **koftas** bake, cut the **tomato** into 1cm chunks. Add to a medium bowl with a squeeze of lemon, the sugar for the dressing (see pantry for amount) and a drizzle of olive oil. Season with salt and pepper, then mix well.

When the **chips** are cooked, crumble over some of the Greek style salad cheese and toss with the remaining lemon zest.



Finish and Serve

Just before you're ready to serve, add the pea **shoots** to the **tomatoes** and toss to coat in the dressing. Mix with the remaining Greek style salad cheese.

Share your **chermoula koftas** between your plates and drizzle over the roasted garlic yoghurt.

Serve the **lemon chips** and **pea shoot** salad alongside.

Enjoy!



