



Greek Soutzoukakia Style Pork Koftas

with Fresh Tomato & Red Wine Sauce and Couscous

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

26



Garlic Clove



Green Beans



Baby Plum Tomatoes



Panko Breadcrumbs



Pork Mince



Chicken Stock Paste



Couscous



Tomato Puree



Ground Cumin



Dried Oregano



Red Wine Stock Paste

Pantry Items
Oil, Salt, Pepper, Salt

Before you start

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

Cooking tools

Garlic press, bowl, baking tray, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Green Beans**	80g	150g	150g
Baby Plum Tomatoes	125g	190g	250g
Panko Breadcrumbs 13	10g	20g	25g
Pork Mince**	240g	360g	480g
Chicken Stock Paste	10g	15g	20g
Couscous 13	120g	180g	240g
Tomato Puree	30g	45g	60g
Ground Cumin	1 sachet	1 sachet	2 sachets
Dried Oregano	1 sachet	1 sachet	2 sachets
Red Wine Stock Paste 14	28g	42g	56g
Pantry	2P	3P	4P
Water for the Couscous*	240ml	360ml	480ml
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	332	100g
	2713 /649	817 /195
Fat (g)	28.7	8.7
Sat. Fat (g)	10.2	3.1
Carbohydrate (g)	62.0	18.7
Sugars (g)	11.2	3.4
Protein (g)	34.7	10.4
Salt (g)	3.85	1.16

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

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

13) Cereals containing gluten **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, 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 Prepped

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

Peel and grate the **garlic** (or use a garlic press).

Trim the **green beans**, then cut into thirds. Halve the **baby plum tomatoes**.

In a large bowl, combine the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts) with **half the garlic**.



Cook the Tomatoes

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **tomatoes** and season with **salt** and **pepper**. Cook, stirring occasionally, until they start to soften and break down, 5-6 mins.

Add the **tomato puree**, **cumin**, **oregano** and remaining **garlic** to the pan. Fry for 1 min more.



Make your Koftas

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

Shape into **mini sausage shapes**, 4 per person. Flatten to make **koftas**, then pop onto a baking tray.

When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The koftas are cooked when no longer pink in the middle.



Simmer your Sauce

Stir in the **red wine stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.

Once thickened, taste and season with **salt**, **pepper** and a pinch of **sugar** (if you have any) if needed.

Remove from the heat, adding a splash of **water** if it's a little too thick.



Couscous Time

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium-high heat. Once hot, add the **green beans** and stir-fry until tender, 4-5 mins.

Pour in the **water for the couscous** (see pantry for amount), stir in the **chicken stock paste** and bring to the boil.

When boiling, remove from the heat, stir in the **couscous** and season with **salt** and **pepper**.

Pop a lid on the pan and leave to the side for 8-10 mins or until ready to serve.



Finish and Serve

Once the **koftas** are cooked, stir them gently through the **tomato sauce** so they're well coated.

Fluff up the **couscous** and **beans** with a fork, then spoon into your bowls.

Top with the **soutzoukakia style koftas**, spooning over the **tomato sauce** from the pan.

Enjoy!

