



# Harissa Pork Koftas on Flatbreads with Sweet Potato Fries and Zesty Mint Yoghurt

Street Food 40-45 Minutes • Medium Spice • 5 of your 5 a day

31



Sweet Potato



Garlic Clove



Harissa Paste



Breadcrumbs



Pork Mince



Lemon



Mint



Baby Plum  
Tomatoes



Greek Style  
Natural Yoghurt



Greek Style  
Flatbreads



Baby Leaf Mix



Greek Style  
Salad Cheese

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## 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, garlic press, bowl and fine grater.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Garlic Clove**	2	3	4
Harissa Paste <b>14</b>	50g	75g	100g
Breadcrumbs <b>13</b>	10g	18g	25g
Pork Mince**	240g	360g	480g
Lemon**	1	1	1
Mint**	1 bunch	1 bunch	1 bunch
Baby Plum Tomatoes	125g	190g	250g
Greek Style Natural Yoghurt** <b>7</b>	75g	99g	150g
Greek Style Flatbreads <b>13</b>	2	3	4
Baby Leaf Mix**	50g	100g	100g
Greek Style Salad Cheese** <b>7</b>	50g	100g	100g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4462/1066	635/152
Fat (g)	51.2	7.3
Sat. Fat (g)	17.9	2.5
Carbohydrate (g)	103.8	14.8
Sugars (g)	27.7	3.9
Protein (g)	46.0	6.5
Salt (g)	3.26	0.46

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

## Allergens

**7)** Milk **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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](http://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

 You can recycle me!



## Roast the Sweet Potato Fries

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

Chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel).

Pop the **fries** 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, roast on the middle shelf until golden, 30-35 mins. Turn halfway through.



## Mix your Zesty Yoghurt

Meanwhile, zest and halve the **lemon**. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

Halve the **tomatoes**.

In a small bowl, combine the **yoghurt**, **half** the **lemon zest** and **half** the **mint**. Season with **salt** and **pepper**.



## Shape the Koftas

Meanwhile, peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **garlic**, **harissa paste**, **breadcrumbs** and **salt for the breadcrumbs** (see pantry for amount), 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.



## Dress the Tomatoes

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

Pop the **flatbreads** (1 per person) onto a baking tray and into the oven until warm and starting to turn golden, 3-4 mins.

Just before serving, add the **baby leaves** to the **tomatoes** and toss to combine.



## Time to Bake

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.



## Load up and Serve

Share the **flatbreads** between your plates. Spread over the **zesty mint yoghurt**, then top with the **tomato salad** and **harissa koftas**.

Crumble over the **Greek style salad cheese** and finish with a sprinkle of the remaining **mint** and **lemon zest**.

Serve the **sweet potato fries** alongside.

Enjoy!