



GREEK PORK KOFTA WRAP

with Wedges and Pickled Onion



HELLO MINT

Mint comes in over 30 varieties. The common garden mint is actually Spearmint



Potato



Red Onion



Pork & Oregano Sausage Meat



Red Pepper



Mint



Natural Yoghurt



Baby Gem Lettuce



Whole Wheat Soft Tortillas



Red Wine Vinegar

MEAL BAG

35 mins

2 of your 5 a day

Cook within 2 Days of Delivery

If you're looking for a speedy recipe with plenty of flavour, these delicious Greek kofta wraps make a great quick-fix dinner. As we're always looking for clever ways to cut down time in the kitchen, our pork suppliers have already seasoned the sausage meat so that you don't have to! Once everything is done, pile the different items into separate bowls let everyone assemble their own wraps.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, a **Mixing Bowl** and **Large Frying Pan**. Now, let's get cooking!



1 COOK THE WEDGES

Preheat your oven to 220°C. Chop the **potato** into 2cm wide wedges (no need to peel) then transfer to a lined baking tray. Drizzle with **oil** and a pinch of **salt** and **pepper**. Toss to coat evenly, spread in a single layer on your tray and roast on the top shelf of your oven until browned and crispy, 25-30 mins.



2 PICKLE THE ONION

Meanwhile, halve, peel and thinly slice the **red onion**. Separate the slices and place in a bowl along with the **red wine vinegar** and **sugar** (see ingredients for amount). Stir to combine then set aside. This is your quick **pickled onion**. Shape the **sausage meat** into four **koftas** per person (see photo). Set aside on a plate. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



3 ROAST THE RED PEPPER

Halve the **red pepper**, remove the core and seeds and thinly slice. When the **wedges** have been in the oven for 15 mins, remove the tray, give them a shake then make some space for the **pepper**. Add the **pepper** to the tray, drizzle with **oil** and season with **salt** and **pepper**. Return to the oven for the remainder of the time.



4 MAKE THE SALAD

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Pop the **yoghurt** in a small bowl and stir through **half the mint**. Trim the root from the **baby gem lettuce** and quarter lengthways, separate the leaves then pop in a medium bowl with the remaining **mint**. Add a drizzle of **olive oil** and a pinch of **salt** and **pepper**, toss together.



5 FRY THE KOFTAS

Heat a drizzle of **oil** in a large frying pan on medium-high heat and add the **koftas**. Fry until browned all over and cooked through, turning occasionally, 8-10 mins. **! IMPORTANT:** The koftas are cooked when they are no longer pink in the middle. When the **koftas** are nearly done, pop the **tortillas** on another baking tray and place on the middle shelf of your oven for a few mins to warm through.



6 DIG IN!

Once everything is done, pile the different items into separate bowls and let everyone assemble their own **wraps** at the table - you'll have the **wraps, koftas, roasted pepper, lettuce, minty yoghurt, pickled onion** and, of course, the **wedges!** Enjoy!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Red Onion *	1	2	2
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Sugar*	2 tsp	3 tsp	4 tsp
Pork & Oregano Sausage Meat 13) 14) *	300g	450g	600g
Red Pepper	1	2	2
Mint	1 bunch	1 bunch	1 bunch
Natural Yoghurt 7)	1 pouch	1½ pouches	2 pouches
Baby Gem Lettuce	1	1½	2
Whole Wheat Soft Tortillas 13)	4	6	8

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 735G	PER 100G
Energy (kJ/kcal)	3751 / 897	510 / 122
Fat (g)	33	4
Sat. Fat (g)	12	2
Carbohydrate (g)	114	16
Sugars (g)	16	2
Protein (g)	38	5
Salt (g)	3.83	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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