



# Baharat Beef Koftas 'Kebabs'

with Naan and Roasted Garlic Yoghurt

Calorie Smart 30 Minutes • Under 600 Calories • Medium Spice • 1 of your 5 a day



Panko Breadcrumbs



Baharat Spice



Beef Mince



Garlic Clove



Cider Vinegar



Baby Plum Tomatoes



Baby Gem Lettuce



Natural Yoghurt



Naan

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Bowl, Measuring Jug, Baking Tray, Frying Pan, Chopping Board and Knife.

## Ingredients

	2P	3P	4P
Panko Breadcrumbs <b>13</b> )	10g	15g	25g
Water for the Beef*	2 tbsp	3 tbsp	4 tbsp
Baharat Spice	1 small sachet	1 large sachet	1 large sachet
Beef Mince**	240g	360g	480g
Garlic Clove	1	2	2
Cider Vinegar <b>14</b> )	1 sachet	1 sachet	2 sachets
Baby Plum Tomatoes	125g	190g	250g
Baby Gem Lettuce**	1	2	2
Natural Yoghurt <b>7</b> )**	50g	75g	100g
Naan <b>7</b> ) <b>13</b> )	2	3	4

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>379g</b>	<b>100g</b>
Energy (kJ/kcal)	2482 / 593	654 / 156
Fat (g)	22	6
Sat. Fat (g)	8	2
Carbohydrate (g)	61	16
Sugars (g)	7	2
Protein (g)	34	9
Salt (g)	0.94	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7**) Milk **13**) Gluten **14**) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Make the Koftas

Preheat your oven to 200°C. Pop the **breadcrumbs** and **water** (see ingredients for amount) into a bowl. Add the **baharat spice**, season with **salt** and **pepper**, then add the **beef mince** and mix with your hands until combined. Shape into **4** sausage shapes per person, then flatten to make **koftas** and pop onto a plate. **IMPORTANT:** Wash your hands after handling raw meat.



## Start the Salad

While everything cooks, pop the **cider vinegar** into a large bowl and add a drizzle of **olive oil** and a pinch of **sugar**. Season with **salt** and **pepper** and mix to combine. Halve the **tomatoes** and pop into the bowl with the **dressing**. Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways. Set aside - we'll add to the **dressing** just before serving.



## Bake the Garlic

Peel the **garlic clove(s)**, pop into a square of foil with a drizzle of **oil** and scrunch to enclose it. Pop the **garlic parcel** on a baking tray and bake on the top shelf of your oven until soft, 10-12 mins.



## Make the Yoghurt

Pop the **yoghurt** in a bowl. Season with **salt** and **pepper** and stir to combine. Once the **garlic** is cooked, remove from the oven. Carefully take it out of the foil, pop it on a board and mash with a fork. Stir into the **yoghurt**. Once the **garlic** is out of the oven, pop the **naans** on the baking tray, drizzle with **olive oil**. Bake on the top shelf of your oven until starting to go golden, 5-6 mins.



## Fry the Koftas

Meanwhile, heat a drizzle of **oil** in a frying pan over a medium-high heat. Once hot add the **koftas** and fry until browned all over and cooked through, 10-12 mins. **IMPORTANT:** The koftas are cooked when no longer pink in the middle.



## Assemble and Serve!

Just before serving, add the **baby gem** to the **tomatoes** and toss to combine. Serve the **naans** with the **salad** on top, the **koftas** divided between the **naans** and a drizzle of **roasted garlic yoghurt**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.