

## GREEK PORK KOFTA WRAP

with Wedges and Pickled Onion





#### **HELLO MINT**

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









Pork & Oregano



Sausage Meat





Natural Yoghurt





Baby Gem Lettuce

Whole Wheat Soft Tortillas

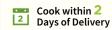


Red Wine Vinegar

35 mins



2 of your 5 a day



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!



**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.



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 wash your hands and equipment after handling raw meat!



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.



**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.



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.



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!

# **INGREDIENTS**

|                                       | 2P              | 3P              | 4P               |
|---------------------------------------|-----------------|-----------------|------------------|
| Potato *                              | 1 small<br>pack | 1 large<br>pack | 2 small<br>packs |
| Red Onion *                           | 1               | 2               | 2                |
| Red Wine Vinegar 14)                  | 1<br>sachet     | 1½<br>sachets   | 2<br>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<br>pouch      | 1½<br>pouches   | 2<br>pouches     |
| Baby Gem Lettuce                      | 1               | 1½              | 2                |
| Whole Wheat Soft<br>Tortillas 13)     | 4               | 6               | 8                |

\*Not Included \* Store in the Fridge

| NUTRITION FOR JNCOOKED INGREDIENT | PER SERVING<br>735G | PER<br>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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