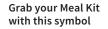


# Honey Pork Koftas & Roast Veggie Grain Bowl

with Flaked Almonds & Garlic Yoghurt

**EXPLORER** 













Cauliflower









Chermoula Spice



Fine Breadcrumbs





Flaked Almonds



Greek-Style Yoghurt



**Baby Spinach** 





Vegetable Stock Powder



Prep in: 25-35 mins Ready in: 30-40 mins Freekeh is the standout grain we can't get enough of, especially when it's tossed with roasted veggies. Add some sweet pork koftas on top to transform this grain veggie extravagance into something out of this world. You'll be racing for seconds!

**Pantry items** 

Olive Oil, Egg, Honey, White Wine Vinegar

#### Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Large saucepan  $\cdot$  Oven tray lined with baking paper  $\cdot$  Large frying pan

#### Ingredients

3		
	2 People	4 People
olive oil*	refer to method	refer to method
freekeh	1 packet	2 packets
carrot	1	2
cauliflower	1 portion (200g)	1 portion (400g)
ras el hanout	1 packet	1 packet
garlic	3 cloves	6 cloves
pork mince	1 packet	1 packet
chermoula spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
flaked almonds	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
vegetable stock powder	1 medium sachet	1 large sachet
white wine vinegar*	drizzle	drizzle
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2770kJ (662Cal)	580kJ (139Cal)
Protein (g)	43.7g	9.2g
Fat, total (g)	28.6g	6g
- saturated (g)	8.6g	1.8g
Carbohydrate (g)	55.8g	11.7g
- sugars (g)	12.1g	2.5g
Sodium (mg)	1141mg	239mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3061kJ (732Cal)	<b>641kJ</b> (153Cal)
Protein (g)	47.9g	10g
Fat, total (g)	33.1g	6.9g
- saturated (g)	11.5g	2.4g
Carbohydrate (g)	55.8g	11.7g
- sugars (g)	12.1g	2.5g
Sodium (mg)	1120mg	mg

The quantities provided above are averages only.

#### **Allergens**

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient,

## please be aware allergens may have changed. We're here to help!

Scan here if you have any questions or concerns





#### Cook the freekeh

- Preheat oven to 240°C/220°C fan-forced.
   Boil the kettle.
- In a large saucepan, heat a drizzle of olive oil over medium-high heat. Toast freekeh, stirring occasionally, until golden, 1-2 minutes.
- Half-fill the saucepan with boiling water, then add a good pinch of salt. Bring to the boil, then simmer freekeh, uncovered, until tender, 30-35 minutes.
- · Drain, rinse and set aside.

TIP: The freekeh is cooked when it has softened but still retains some bite.



## Make the garlic yoghurt

- Heat a large frying pan over medium-high heat.
   Toast flaked almonds, tossing, until golden,
   2-3 minutes. Transfer to a small bowl.
- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook remaining garlic until fragrant, 1 minute.
- Transfer garlic oil to a small bowl, then add Greek-style yoghurt and stir to combine.
   Season to taste. Set aside.



## Roast the veggies

- Meanwhile, cut carrot into bite-sized chunks.
   Cut cauliflower into small florets.
- Place veggies on a lined oven tray. Sprinkle over ras el hanout, drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then roast until tender and brown around edges, **20-25 minutes**.



## Prep the koftas

- Meanwhile, finely chop garlic.
- In a medium bowl, combine pork mince, chermoula spice blend, fine breadcrumbs, the egg, half the garlic and a pinch of salt.
- Using damp hands, roll pork mixture into small koftas (3 per person).

**Custom Recipe:** If you've swapped to beef mince, prep the beef koftas as above.



### Cook the koftas

- Wash and dry the frying pan, then return to medium-high heat with a drizzle of olive oil.
   Cook koftas, turning, until browned and cooked through, 10-12 minutes (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add the honey and turn koftas to coat. Remove from heat.
- When the veggies are done, transfer them to the saucepan with freekeh. Add baby spinach leaves, vegetable-style stock powder and a drizzle of white wine vinegar and olive oil. Toss to combine and season with salt and pepper.

Custom Recipe: Cook the beef koftas as above.



### Serve up

- Divide roast veggie freekeh between bowls. Top with honey pork koftas.
- Garnish with toasted almonds and drizzle over garlic yoghurt to serve. Enjoy!

#### Rate your recipe

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