



Honey Pork Koftas & Roast Veggie Grain Bowl

with Flaked Almonds & Garlic Yoghurt

EXPLORER

Grab your Meal Kit with this symbol



Freekeh



Carrot



Cauliflower



Ras El Hanout



Garlic



Pork Mince



Chermoula Spice Blend



Fine Breadcrumbs



Flaked Almonds



Greek-Style Yoghurt



Baby Spinach Leaves



Vegetable Stock Powder



Beef Mince

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · Oven tray lined with baking paper ·

Large frying pan

Ingredients

	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)	641kJ (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

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1



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.

4



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.

2



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**.

5



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.

3



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.

6



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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