



Pork Koftas & Moroccan Coconut Sauce

with Rapid Rice & Steamed Veggies

NEW



Grab your Meal Kit with this symbol



Carrot



Broccoli Florets



Basmati Rice



Pork Mince



Curry Powder



Fine Breadcrumbs



Chermoula Spice Blend



Coconut Milk



Mint



Beef Mince

Prep in: 20-30 mins
Ready in: 25-35 mins

These koftas are handy parcels of explosive flavour, with tender pork mince, mild spices and a punchy coconut sauce to drizzle over the top. Paired with an easy rice and comforting steamed veggies, this is a Moroccan-style feast to remember.

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

Pantry items

Olive Oil, Egg

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
broccoli florets	1 bag (200g)	1 bag (400g)
basmati rice	1 packet	1 packet
pork mince	1 packet	1 packet
egg*	1	2
curry powder	1 sachet	2 sachets
fine breadcrumbs	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
mint	1 bag	1 bag
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)	2873kJ (687Cal)	555kJ (133Cal)
Protein (g)	42.1g	8.1g
Fat, total (g)	32.7g	6.3g
- saturated (g)	20.3g	3.9g
Carbohydrate (g)	80.4g	15.5g
- sugars (g)	4.9g	0.9g
Sodium (mg)	675mg	130mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3164kJ (756Cal)	611kJ (146Cal)
Protein (g)	46.3g	8.9g
Fat, total (g)	37.2g	7.2g
- saturated (g)	23.1g	4.5g
Carbohydrate (g)	80.4g	15.5g
- sugars (g)	4.9g	0.9g
Sodium (mg)	654mg	126mg

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



2023 | CW46

1



Cook the rice & veggies

- Boil the kettle. Thinly slice **carrot** into sticks. Cut any larger **broccoli florets** in half.
- Half-fill a medium saucepan with boiling water. Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- Place a colander or steamer basket on top of saucepan, then add **broccoli** and **carrot**.
- Cover with a lid and steam until tender, **6-7 minutes**.
- Drain **rice** and set aside. Transfer **veggies** to a medium bowl and season to taste. Cover to keep warm.

3



Make the sauce

- Wipe out the frying pan, then return to medium heat.
- Add **chermoula spice blend** and **coconut milk** and cook, stirring, until thickened, **1-2 minutes**. Remove from heat.

2



Cook the koftas

- In a second medium bowl, combine **pork mince**, the **egg**, **curry powder**, **fine breadcrumbs** and a pinch of **salt**. Using damp hands, shape **pork mixture** into koftas (3-4 per person).
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **koftas**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.

Custom Recipe: If you've swapped pork mince for beef mince, prepare and cook beef as above.

4



Serve up

- Divide rice, steamed veggies and pork koftas between plates.
- Spoon Moroccan coconut sauce over koftas. Tear over **mint** to serve. Enjoy!

Rate your recipe

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