

Moroccan Beef Koftas & DIY Yoghurt Flatbreads

with Mint Dressing, Garlic Aioli & Tomato Salad

SKILL UP

NEW

Grab your meal kit with this number

41



Cucumber



Tomato



Mint



Chilli Flakes (Optional)



Basic Sponge Mix



Greek-Style Yoghurt



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Mixed Salad Leaves



Garlic Aioli



Pork Mince



Beef Mince

Prep in: **25-35 mins**
Ready in: **40-50 mins**

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. Learn how easy it is to create an airy and fluffy flatbread thanks to a surprise ingredient: yoghurt! Plus, create a refreshing mint dressing - an ideal topping to cut through the koftas' richness.

Pantry items

Olive Oil, White Wine Vinegar, Plain Flour, Egg, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
tomato	1	2
mint	1 packet	1 packet
chilli flakes (optional) 🌶️	pinch	pinch
white wine vinegar*	1 tsp	2 tsp
basic sponge mix	1 medium packet	2 medium packets
Greek-style yoghurt	1 large packet	2 large packets
water*	3 tbs	½ cup
salt*	¼ tsp	½ tsp
plain flour*	2 tbs	¼ cup
beef mince	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
honey*	½ tbs	1 tbs
mixed salad leaves	1 small packet	1 medium packet
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4134kJ (988cal)	399kJ (95cal)
Protein (g)	51.9g	5g
Fat, total (g)	40.1g	3.9g
- saturated (g)	11.6g	1.1g
Carbohydrate (g)	97.9g	9.5g
- sugars (g)	15.8g	1.5g
Sodium (mg)	2458mg	237.4mg
Dietary Fibre (g)	6.8g	0.7g

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

2024 | CW35



Get prepped

- Thinly slice **cucumber**.
- Thinly slice **tomato** into wedges.
- Finely chop **mint**.
- In a small bowl, combine **mint**, a pinch of **chilli flakes** (if using), the **white wine vinegar**, a pinch of **sugar** and **olive oil** (2 tbs for 2 people / ¼ cup for 4 people). Set aside.



Cook koftas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **koftas**, turning regularly, until browned and cooked through, **10-12 minutes** (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add **honey** and toss **koftas** to coat. Transfer to a plate and cover to keep warm.



Make flatbread dough

- In a large bowl, combine **basic sponge mix**, **Greek-style yoghurt**, the **water**, **salt** and a drizzle of **olive oil**.
- Lightly dust a work surface with half of the **plain flour**. Tip out **dough** and knead until smooth, **2-3 minutes**. Cover and set aside.

TIP: If the dough is too sticky, add an extra pinch of flour while kneading!



Cook flatbreads

- While the koftas are cooking, dust a clean work surface with the remaining **flour**, then divide **dough** into 4 equal-sized pieces (roughly the size of a golf ball).
- With your hands, pat and flatten the **dough**, then use a rolling pin to roll each piece into 12cm rounds, roughly 0.5 cm thick.
- Wipe out the frying pan and return to medium heat with a drizzle of **olive oil**.
- Cook **flatbreads** in batches, until golden and puffed up, **1-2 minutes** each side.

TIP: Add an extra drizzle of olive in between batches if needed.



Make koftas

- SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. In a second large bowl, combine **beef mince**, **chermoula spice blend**, **fine breadcrumbs**, the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, roll **beef mixture** into koftas about 8cm long and 2.5cm thick (3 per person).



Serve up

- Meanwhile, in a large bowl, combine **mixed salad leaves**, tomato, cucumber, a drizzle of vinegar, and olive oil. Season.
- Divide Moroccan beef koftas, DIY yoghurt flatbreads and tomato salad between plates.
- Drizzle mint dressing over koftas.
- Serve with **garlic aioli**. Enjoy!

CUSTOM OPTIONS



SWAP TO PORK MINCE
Follow method above.



DOUBLE BEEF MINCE
Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

