



Easy Greek-Style Koftas & Shoestring Fries

with Cucumber Salad & Garlic Yoghurt

FEEL-GOOD TAKEAWAY

NEW

Grab your meal kit with this number

30



Potato



Beef Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Dried Oregano



Balsamic Glaze



Cucumber



Tomato



Lemon



Mint



Mixed Salad Leaves



Greek-Style Yoghurt



Garlic Dip



Beef Mince



Halloumi/Grill Cheese

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

These beef koftas are everything you want and more - juicy, tender and flavourful, with fragrant oregano mixed in. Pair them with golden shoestring fries and a crisp salad for the perfect simple accompaniments, then all you need is a tangy yoghurt sauce to dip it all in!

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
dried oregano	1 medium sachet	1 large sachet
egg*	1	2
balsamic glaze	1 packet	2 packets
honey*	1 tsp	2 tsp
cucumber	1 (medium)	1 (large)
tomato	1	2
lemon	½	1
mint	1 packet	1 packet
mixed salad leaves	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
garlic dip	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4618kJ (1103Cal)	627kJ (149Cal)
Protein (g)	62.6g	8.5g
Fat, total (g)	66.1g	9g
- saturated (g)	27.1g	3.7g
Carbohydrate (g)	53.9g	7.3g
- sugars (g)	16.2g	2.2g
Sodium (mg)	1733mg	235mg
Dietary Fibre (g)	8.5g	1.2g

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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Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into 0.5cm sticks.
- Place fries on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Get prepped

- While the koftas are cooking, slice **cucumber** into half-moons. Cut **tomato** into thin wedges. Slice **lemon** into wedges. Pick **mint leaves**.
- In a medium bowl, combine **mixed salad leaves**, **cucumber**, **tomato**, a generous squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste.
- In a small bowl, combine **Greek-style yoghurt** and **garlic dip**.



Cook the koftas

- Meanwhile, in a large bowl, combine **beef mince**, **fine breadcrumbs**, **garlic & herb seasoning**, **dried oregano** and the **egg**.
- Using damp hands, roll **beef mixture** into koftas about 8cm long and 2.5cm thick (3 per person).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When hot, 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 **balsamic glaze** and the **honey**. Turn to coat.



Serve up

- Divide Greek-style koftas, shoestring fries and cucumber salad between plates.
- Garnish with mint leaves and serve with a dollop of garlic yoghurt. Enjoy!

CUSTOM OPTIONS

+ DOUBLE BEEF MINCE
Follow method above.

+ ADD HALLOUMI
Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

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

