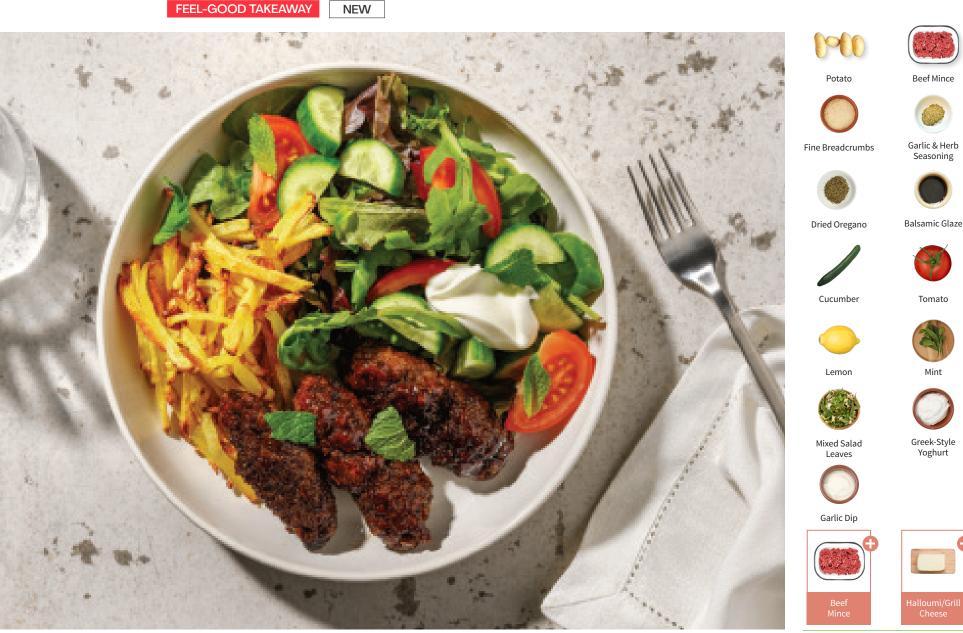


Easy Greek-Style Koftas & Shoestring Fries with Cucumber Salad & Garlic Yoghurt





Pantry items Olive Oil, Egg, Honey

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!

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

U		
	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	1/2	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.





ADD HALLOUMI

If you've chosen to add, swap or upgrade, Cut into 1cm-thick slices. Cook with a drizzle of scan the QR code to see detailed cooking olive oil until golden brown, 1-2 minutes each side. instructions and nutrition information.



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!