

with Mint Dressing, Garlic Aioli & Tomato Salad

SKILL UP



Grab your meal kit with this number













Chilli Flakes (Optional)



Basic Sponge







Chermoula Spice Blend



Fine Breadcrumbs



Mixed Salad Leaves







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

Time to unleash your inner chef! Learn how easy it is to create an airy and fluffy flatbread thanks to a surprise ingredient: yoghurt. It's the perfect accompaniment to spiced beef koftas, a fresh tomato salad, and a spectacular mint dressing, adding just the right touch of tang.

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

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	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	⅓ cup	
salt*	1/4 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)	4108kJ (787cal)	787kJ (151cal)
Protein (g)	51.9g	9.9g
Fat, total (g)	39.5g	7.6g
- saturated (g)	11.5g	2.2g
Carbohydrate (g)	97.8g	18.7g
- sugars (g)	15.8g	3g
Sodium (mg)	2449mg	469.2mg
Dietary Fibre (g)	6.8g	1.3g

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.



Get prepped

- Thinly slice cucumber.
- 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 cup for 2 people / 1/4 cup for 4 people). Set aside.



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 clean work surface with half 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!



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).



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 the honey and toss koftas to coat. Transfer to a plate and cover to keep warm.

if necessary.



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 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.



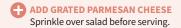
Serve up

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









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

