



Beef Koftas & Mint Sauce

with Roasted Veggies & Yoghurt

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato



Cauliflower



Cucumber



Garlic



Chermoula Spice Blend



Mixed Salad Leaves



Mint Sauce



Greek-Style Yoghurt



Beef Mince



Pork Mince



Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 30-40 mins

Carb Smart

Although koftas come from the meatball family, they shine on their own as flavour powerhouses. Bring out those delicious tastes with a mint sauce on top alongside a side of roast cauliflower and veggies.

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

Pantry items

Olive Oil, Plain Flour, Vinegar (Balsamic or White Wine)

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
cauliflower	1 portion (200g)	1 portion (400g)
cucumber	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
beef mince	1 packet	1 packet
chermoula spice blend	1 sachet	1 sachet
plain flour*	½ tbs	1 tbs
mixed salad leaves	1 small bag	1 medium bag
vinegar* (balsamic or white wine)	drizzle	drizzle
mint sauce	1 packet (40g)	1 packet (80g)
Greek-style yoghurt	1 medium packet	1 large packet
pork mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1979kJ (473Cal)	434kJ (104Cal)
Protein (g)	37.2g	8.1g
Fat, total (g)	21.1g	4.6g
- saturated (g)	9.4g	2.1g
Carbohydrate (g)	31.1g	6.8g
- sugars (g)	15.4g	3.4g
Sodium (mg)	612mg	134mg
Dietary Fibre (g)	5.5g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1688kJ (403Cal)	370kJ (88Cal)
Protein (g)	33g	7.2g
Fat, total (g)	16.6g	3.6g
- saturated (g)	6.5g	1.4g
Carbohydrate (g)	31.1g	6.8g
- sugars (g)	15.4g	3.4g
Sodium (mg)	647mg	142mg

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 | CW10



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato** into bite-sized chunks. Cut **cauliflower** into small florets.
- Place **veggies** on a lined oven tray, drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender and brown around edges, **20-25 minutes**.

4



Cook the beef koftas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **beef koftas**, turning, until browned and cooked through, **10-12 minutes** (cook in batches if your pan is getting crowded).

Custom Recipe: Cook the pork koftas as above.

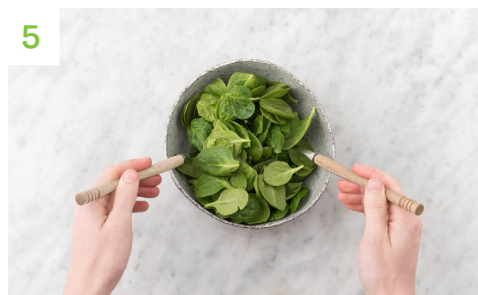
2



Get prepped

- Meanwhile, thinly slice **cucumber**. Finely chop **garlic**.

5



Make the salad

- Meanwhile, combine **mixed salad leaves**, **cucumber** and a drizzle of **vinegar** and **olive oil**. Season to taste.

3



Make the beef koftas

- In a large bowl, combine **beef mince**, **chermoula spice blend**, the **plain flour**, **garlic** and a pinch of **salt** and **pepper**.
- Using damp hands, roll **beef mixture** into small koftas (about 3 per person).

Custom Recipe: If you've swapped to pork mince, prep the pork koftas as above.

6



Serve up

- Divide beef koftas, roasted veggies and salad between plates.
- Drizzle **mint sauce** over koftas.
- Serve with **Greek-style yoghurt**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate