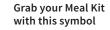


Moroccan-Style Pork Koftas with Fattoush-Style Salad & Garlic Sauce

DIETITIAN APPROVED











Snacking Tomatoes



Cucumber







Mini Flour





Mixed Salad



Fine Breadcrumbs

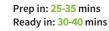






Garlic Sauce





Carb Smart

We've turned fattoush (Mediterranean bread salad) into a meal by topping it off with juicy pork koftas, flavoured with a sweet and earthy ras el hanout spice mix. We've also swapped out some of the bread for extra veggies, which work wonderfully with the creamy garlic sauce.



Pantry items

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
snacking tomatoes	1 punnet	2 punnets		
cucumber	1	2		
roasted almonds	1 medium packet	1 large packet		
mini flour tortillas	2	4		
pork mince	1 small packet	1 medium packet		
ras el hanout	1 medium sachet	1 large sachet		
fine breadcrumbs	½ medium packet	1 medium packet		
egg*	1	2		
honey*	1 tsp	2 tsp		
mixed salad leaves	1 medium bag	1 large bag		
garlic sauce	1 medium packet	2 medium packets		
mint	1 bag	1 bag		
beef mince**	1 small packet	1 medium packet		
* D				

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2391kJ (571Cal)	547kJ (131Cal)
Protein (g)	36.8g	8.4g
Fat, total (g)	34.5g	7.9g
- saturated (g)	7.8g	1.8g
Carbohydrate (g)	27g	6.2g
- sugars (g)	6.4g	1.5g
Sodium (mg)	561mg	128mg
Dietary Fibre (g)	11.8g	2.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2411kJ (576Cal)	552kJ (132Cal)
Protein (g)	40.3g	9.2g
Fat, total (g)	33.4g	7.6g
- saturated (g)	8.1g	1.9g
Carbohydrate (g)	27g	6.2g
- sugars (g)	6.4g	1.5g
Sodium (mg)	563mg	129mg
Dietary Fibre (g)	11.8g	2.7g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- · Finely chop garlic.
- Roughly chop snacking tomatoes and cucumber. Roughly chop roasted almonds.
- Tear mini flour tortillas into small pieces.



Prep the pork koftas

- In a medium bowl, combine pork mince, garlic, ras el hanout, fine breadcrumbs (see ingredients), a pinch of salt and the egg.
- Using damp hands, roll the mixture into koftas about 8cm long (three per person). Transfer to a plate.

Custom Recipe: If you've swapped to beef mince, combine beef koftas in the same way as the pork koftas.



Cook the pork koftas

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook pork koftas, turning regularly, until browned, 2-3 minutes.
- Reduce heat to medium, then continue cooking until cooked through (when no longer pink inside), 7-9 minutes.
- Remove pan from heat. Add the **honey**, gently turning koftas to coat.

Custom Recipe: Cook beef koftas in the same way as the pork koftas. For best results, drain excess oil from the pan before adding the honey.



Make the tortilla chips

- Meanwhile, place tortilla pieces on a lined oven tray. Drizzle with olive oil, season generously with salt and pepper and turn to coat.
- Bake tortilla chips until golden, 5-6 minutes.
 Set aside to cool slightly.

TIP: Keep an eye on the tortilla chips. You want them crisp, but not burnt!



Bring it all together

- In a medium bowl, combine mixed salad leaves, tomato, cucumber, tortilla chips and a drizzle of olive oil.
- · Season to taste.



Serve up

- Divide fattoush-style salad between bowls. Top with Moroccan-spiced pork koftas, spooning over any remaining glaze from the pan.
- Drizzle with garlic sauce. Tear over mint and top with almonds to serve. Enjoy!

Scan here if you have any questions or concerns