



Moroccan-Style Pork Koftas

with Fattoush-Style Salad & Garlic Sauce

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Garlic



Snacking Tomatoes



Cucumber



Roasted Almonds



Mini Flour Tortillas



Ras El Hanout



Fine Breadcrumbs



Mixed Salad Leaves



Mint



Pork Mince



Garlic Sauce



Beef Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

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.

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

Pantry items

Olive Oil, Egg, Honey

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

	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

*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.

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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.



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!



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.



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.



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.



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!

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