

Harissa-Glazed Pork Koftas

with Fattoush Salad & Garlic Sauce

Grab your Meal Kit with this symbol



Red Onion



Garlic



Sweetcorn



Semi-Dried Tomatoes



Mini Flour Tortillas



Pork Mince



Ras El Hanout



Fine Breadcrumbs



Harissa Paste



Mixed Salad Leaves



Garlic Sauce



Beef Mince

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins
Ready in: 30-40 mins

Carb Smart

Dietitian Approved

We've turned fattoush (Mediterranean bread salad) into a meal by topping it off with juicy pork koftas, flavoured with a capsicumy harissa paste and sweet and earthy ras el hanout spices. We've also swapped out some of the bread for extra salad 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, White Wine Vinegar, 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
red onion	½	1
white wine vinegar*	¼ cup	½ cup
garlic	2	4
sweetcorn	1 tin (125g)	2 tins (300g)
semi-dried tomatoes	1 packet	2 packets
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
salt*	¼ tsp	½ tsp
egg*	1	2
harissa paste	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
mixed salad leaves	1 small bag	1 medium bag
garlic sauce	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2132kJ (509Cal)	464kJ (110Cal)
Protein (g)	34.3g	7.5g
Fat, total (g)	27.5g	6g
- saturated (g)	6.9g	1.5g
Carbohydrate (g)	28.5g	6.2g
- sugars (g)	8.4g	1.8g
Sodium (mg)	936mg	204mg
Dietary Fibre	8.3g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2138kJ (510Cal)	465kJ (111Cal)
Protein (g)	37.9g	8.2g
Fat, total (g)	26g	5.7g
- saturated (g)	7g	1.5g
Carbohydrate (g)	28.5g	6.2g
- sugars (g)	8.4g	1.8g
Sodium (mg)	941mg	205mg
Dietary Fibre	8.3g	1.8g

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. If you have any questions or concerns, please visit hellofresh.com.au/contact

2022 | CW12



1 Pickle the onion

Preheat oven to **220°C/200°C fan-forced**. Thinly slice **red onion** (see ingredients). In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch sliced **onion** in your hands, then add to **pickling liquid**. Add enough **water** to just cover **onion**, then set aside.



4 Cook the pork koftas

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **pork koftas**, turning, until browned, **2-3 minutes**. Reduce heat to medium and cook until cooked through, **7-9 minutes**. Remove pan from heat. Add **harissa paste** and **honey**, gently turning **koftas** to coat.

TIP: Koftas are cooked through when no longer pink inside.

CUSTOM RECIPE

Cook beef koftas the same way as above.



2 Get prepped

Finely chop **garlic**. Drain the **sweetcorn**. Roughly chop **semi-dried tomatoes**. Tear **mini flour tortillas** (see ingredients) into small pieces. Heat a large frying pan over high heat. Cook **corn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



5 Make the salad

While koftas are cooking, place **tortilla** pieces on a lined oven tray. Drizzle with **olive oil**, season generously with **salt** and **pepper** and toss to coat. Spread in a single layer and bake until golden, **3-5 minutes**. Set aside to cool slightly. To the bowl with the **corn**, add **mixed salad leaves**, **semi-dried tomatoes**, **tortilla chips** and a drizzle of **olive oil**. Season to taste.

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



3 Prep the pork koftas

In a second medium bowl, combine **pork mince**, **garlic**, **ras el hanout**, **fine breadcrumbs** (see ingredients), the **salt** and **egg**. Using damp hands, roll the **pork mixture** into koftas about 8cm long and 2.5cm wide. Transfer to a plate. You should get 3 koftas per person.

CUSTOM RECIPE

If you've swapped to beef mince, use it in place of the pork mince.



6 Serve up

Drain pickled onion. Divide fattoush salad between bowls. Top with harissa-glazed pork koftas, spooning over any remaining glaze from pan. Garnish with pickled onion. Drizzle with **garlic sauce** to serve.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

