



Pork & Pine Nut Mini Koftas

with Parsley Rice & Cucumber-Mint Yoghurt



Master a
cucumber-mint yoghurt



Pine Nuts



Pork Mince



Cucumber



Garlic



Cherry Tomatoes



Mint



Souk Market Spice Blend



Fine Breadcrumbs



Parsley



Lemon



Greek Yoghurt



Jasmine Rice

Hands-on: **30** mins
Ready in: **40** mins

Perfect pillowy rice, simple raw veggies and scrumptious pork koftas. What could be better? Sometimes, simplicity really is the best (and tastiest) route.

Pantry Staples: Olive Oil, Vinegar
(Balsamic Or White Wine), Honey, Egg

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium saucepan with a lid, wooden spoon, chef's knife, chopping board, garlic crusher, medium bowl, large bowl, plate, large frying pan, tongs** and a **small bowl**.



1 COOK THE RICE

Place the **water (use suggested amount)** in a medium saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **11-12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed. **TIP:** Don't lift the lid while the rice is resting so you don't lose any steam.



2 PREP THE VEG SALSA

While the rice is cooking, peel and crush the **garlic**. Finely dice the **cucumber**. Cut the **cherry tomatoes** in half. Finely chop the **parsley**. Pick and finely chop the **mint** leaves. **TIP:** Put some cherry tomatoes and cucumber aside for the kids if they don't like salsa! In a medium bowl, combine the **vinegar, honey** and **1 tbs of olive oil**. Add the cherry tomatoes, **1/2** the cucumber and **1/2** the mint. Season to taste with a **pinch of salt** and **pepper** and toss to combine.



3 MAKE THE KOFTAS

In a large bowl, combine the **pork mince, garlic, pine nuts, Souk Market spice blend, 1/2** the **parsley, fine breadcrumbs (use suggested amount), egg** and **salt (use suggested amount)**. Season with a **good pinch of pepper** and mix well. Form into koftas (about 8 cm long and 2.5 cm thick) and place on a plate. **TIP:** You should get 2-3 koftas per person.



4 COOK THE KOFTAS

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Cook the koftas for **2-3 minutes**, turning regularly, until browned all over. Reduce the heat to medium and cook, gently turning regularly, for **8-10 minutes**, or until cooked through.



5 MAKE THE CUCUMBER YOGHURT

While the koftas are cooking, juice the **lemon** to get **2 tsp** of juice. In a small bowl, combine the **lemon juice, the remaining mint leaves, the Greek yoghurt** and a **pinch of salt** and **pepper** and mix well. Just before serving, stir through the **remaining cucumber**. **TIP:** Adding the cucumber at the end will ensure it retains its crunch.



6 SERVE UP

Stir the remaining **parsley** through the rice. **TIP:** Feel free to leave some rice plain for the kids. Divide the rice between bowls. Top with the salsa and the mini pork & pine nut koftas. Spoon over the cucumber-mint yoghurt.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
jasmine rice	2 packets (1 1/2 cups)
water*	2 1/2 cups
garlic	1 clove
cucumber	2
cherry tomatoes	1 punnet
parsley	1 bunch
mint	1 bunch
vinegar* (white wine or balsamic)	2 tsp
honey*	1 tsp
pork mince	1 packet
pine nuts	1 packet
Souk Market spice blend	2 sachets (2 tbs)
fine breadcrumbs	3/4 packet (1/3 cup)
egg*	1
salt*	3/4 tsp
lemon	1
Greek yoghurt	1 tub (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2920kJ (698Cal)	463kJ (111Cal)
Protein (g)	43.4g	6.9g
Fat, total (g)	21.4g	3.4g
- saturated (g)	6.7g	1.1g
Carbohydrate (g)	80.1g	12.7g
- sugars (g)	9.3g	1.5g
Sodium (g)	571mg	91mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2018 | WK21

