



# Beef Koftas & Homemade Yoghurt Flatbreads

with Mint Dressing, Garlic Aioli & Tomato Salad

SKILL UP

NEW

Grab your Meal Kit with this symbol



Cucumber



Tomato



Mint



Chilli Flakes (Optional)



Basic Sponge Mix



Greek-Style Yoghurt



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Mixed Salad Leaves



Garlic Aioli



Pork Mince

Prep in: 25-35 mins  
Ready in: 40-50 mins

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. Learn how easy it is to create an airy and fluffy flatbread thanks to a surprise ingredient: yoghurt! Plus, create a refreshing mint dressing - an ideal topping to cut through the koftas' richness.

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

### Pantry items

Olive Oil, White Wine Vinegar, Plain Flour, Egg, Honey

## 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cucumber	1	2
tomato	1	2
mint	1 packet	1 packet
chilli flakes (optional)	pinch	pinch
<b>white wine vinegar*</b>	1 tsp	2 tsp
basic sponge mix	1 medium packet	2 medium packets
Greek-style yoghurt	1 large packet	2 large packets
<b>water*</b>	3 tbs	½ cup
<b>salt*</b>	¼ tsp	½ tsp
<b>plain flour*</b>	2 tbs	¼ cup
beef mince	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
<b>honey*</b>	½ tbs	1 tbs
mixed salad leaves	1 small packet	1 medium packet
garlic aioli	1 medium packet	1 large packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3976kJ (950Cal)	763kJ (182Cal)
Protein (g)	49.7g	9.5g
Fat, total (g)	38.8g	7.4g
- saturated (g)	10.3g	2g
Carbohydrate (g)	97g	18.6g
- sugars (g)	14.5g	2.8g
Sodium (mg)	2227mg	427mg
Dietary Fibre (g)	6.6g	1.3g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3949kJ (944Cal)	757kJ (181Cal)
Protein (g)	46.2g	8.9g
Fat, total (g)	39.7g	7.6g
- saturated (g)	9.8g	1.9g
Carbohydrate (g)	97g	18.6g
- sugars (g)	14.5g	2.8g
Sodium (mg)	2226mg	427mg
Dietary Fibre	6.6g	1.3g

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](https://www.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

- Thinly slice **cucumber**.
- Thinly slice **tomato** into wedges.
- Finely chop **mint**.
- In a small bowl, combine **mint**, a pinch of **chilli flakes** (if using), the **white wine vinegar**, a pinch of **sugar** and **olive oil** (2 tbs for 2 people / ¼ cup for 4 people). Set aside.



## Cook the koftas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **koftas**, turning regularly, until browned and cooked through, **10-12 minutes** (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add the **honey** and toss **koftas** to coat. Transfer to a plate and cover to keep warm.

**Custom Recipe:** Cook pork koftas in the same way as above.



## Make the flatbread dough

- In a large bowl, combine **basic sponge mix**, **Greek-style yoghurt**, the **water**, **salt** and a drizzle of **olive oil**.
- Lightly dust a work surface with half of the **plain flour**. Tip out **dough** and knead until smooth, **2-3 minutes**. Cover and set aside.

**TIP:** If the dough is too sticky, add an extra pinch of flour while kneading!



## Cook the flatbreads

- While the koftas are cooking, dust a clean work surface with the remaining flour, then divide **dough** into 4 equal-sized pieces (roughly the size of a golf ball).
- With your hands, pat and flatten the **dough**, then use a rolling pin to roll each piece into 12cm rounds, roughly 0.5 cm thick.
- Wipe out frying pan and return to medium heat with a drizzle of **olive oil**.
- Cook **flatbreads** in batches, until golden and puffed up, **1-2 minutes** each side.

**TIP:** Add an extra drizzle of olive oil in between batches if needed.



## Make the koftas

- In a second large bowl, combine **beef mince**, **chermoula spice blend**, **fine breadcrumbs**, the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, roll **beef mixture** into koftas about 8cm long and 2.5cm thick (3 per person).

**Custom Recipe:** If you've swapped to pork mince, prepare pork koftas and cook in the same way.



## Serve up

- In a large bowl, combine **mixed salad leaves**, **tomato**, **cucumber** and a drizzle of **vinegar** and **olive oil**. Season.
- Divide **beef koftas**, **homemade yoghurt flatbreads** and **tomato salad** between plates. Drizzle **mint dressing** over koftas.
- Serve with **garlic aioli**. Enjoy!

**Custom Recipe:** Divide **pork koftas**, **homemade yoghurt flatbreads** and **tomato salad** between plates. Drizzle **mint dressing** over koftas to serve.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW23

