

# Zesty Chilli Pork & Hummus Pita

with Garlic Yoghurt & Veggie Fries

FEEL-GOOD TAKEAWAY

NEW

Grab your meal kit with this number

27



Beetroot



Carrot



Potato



Garlic



Lemon



Greek-Style Yoghurt



Pork Strips



Everything Garnish



Chilli Flakes (Optional)



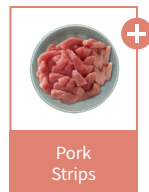
Pita Bread



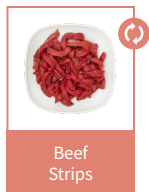
Mixed Salad Leaves



Hummus



Pork Strips



Beef Strips

Prep in: 20-30 mins  
Ready in: 30-40 mins

Protein Rich

You can pack a lot into these little pockets of pita. For this delicious number, we've loaded them with honey-garlic pork strips, hummus and salad. To finish off this finger-licking dinner, eat the rainbow with some crispy veggie fries.

### Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
carrot	1	2
potato	1	2
garlic	1 clove	2 cloves
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
pork strips	1 medium packet	2 medium packets OR 1 large packet
everything garnish	½ sachet	1 sachet
<b>honey*</b>	½ tbs	1 tbs
chilli flakes (optional)	pinch	pinch
pita bread	2	4
mixed salad leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
hummus	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2973kJ (711cal)	231kJ (55cal)
Protein (g)	43g	3.3g
Fat, total (g)	20.2g	1.6g
- saturated (g)	4.4g	0.3g
Carbohydrate (g)	84.1g	6.5g
- sugars (g)	27.1g	2.1g
Sodium (mg)	1379mg	107.3mg
Dietary Fibre (g)	14.1g	1.1g

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

1



## Bake the veggies fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **beetroot**, **carrot** and **potato** into fries.
- Place **veggie fries** on a lined oven tray, drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggie fries between two trays.

4



## Heat the pita bread

- While the pork is cooking, bake **pita bread** directly on a wire oven rack until heated through, **2-3 minutes**.

2



## Make the garlic yoghurt

- Meanwhile, finely chop **garlic**.
- Slice **lemon** into wedges.
- In a large frying pan, heat a drizzle of **olive oil** and half the **garlic** over medium-high heat until fragrant, **1 minute**. Transfer to a small bowl.
- Add **Greek-style yoghurt** to garlic oil mixture and combine. Season to taste with **salt** and **pepper** and set aside.

5



## Toss the salad

- In a medium bowl, combine **mixed salad leaves** and a drizzle of **olive oil** and **vinegar**. Season to taste.

3



## Cook the pork

- When fries have **5 minutes** remaining, wipe out frying pan and return to high heat with a drizzle of **olive oil**.
- Cook **pork strips** in batches, until golden, **2-4 minutes**.
- Return all **pork strips** to pan. Stir in **everything garnish** (see ingredients), the **honey**, a pinch of **chilli flakes** (if using), the remaining **garlic** and a good squeeze of **lemon juice**, tossing to combine, **1 minute**.

**TIP:** Cooking the pork in batches over high heat helps it stay tender.

6



## Serve up

- Halve pita pockets and spread with **hummus**.
- Fill with salad and zesty **chilli** pork.
- Drizzle over garlic yoghurt.
- Serve with veggie fries and any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



## CUSTOM OPTIONS



### DOUBLE PORK STRIPS

Follow method above, cooking in batches if necessary.



### SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

