



Chargrilled Beef & Fetta Kofta Pockets

with Charred Capsicum Salad & Garlic Yoghurt

GOOD TO BBQ

NEW

Grab your meal kit with this number

14



Capsicum



Zucchini



Garlic



Beef Mince



Mediterranean Seasoning



Fine Breadcrumbs



Fetta Cubes



Pita Bread



Mixed Salad Leaves



Greek-Style Yoghurt



Greek-Style Yoghurt



Pork Mince

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

Protein Rich

When you take just one bite out of these herby Mediterranean koftas, you'll know you've met your new favourite way to have beef mince. Grilled to perfection with the likes of zucchini and capsicum and then stuffed into pita pockets, you'll be glad we put these on the menu. If you don't have a BBQ, follow along with our stovetop method to enjoy this dinner delight.

Pantry items

Olive Oil, Egg, 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

BBQ or large frying pan

Ingredients

| | 2 People | 4 People |
|---|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| capsicum | 1 | 2 |
| zucchini | 1 | 2 |
| garlic | 1 clove | 2 cloves |
| beef mince | 1 medium packet | 2 medium packets OR 1 large packet |
| Mediterranean seasoning | 1 sachet | 2 sachets |
| fine breadcrumbs | 1 medium packet | 1 large packet |
| fetta cubes | 1 medium packet | 1 large packet |
| egg* | 1 | 2 |
| pita bread | 2 | 4 |
| mixed salad leaves | 1 medium packet | 1 large packet |
| vinegar* (white wine or balsamic) | drizzle | drizzle |
| Greek-style yoghurt | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2946kJ (704Cal) | 809kJ (193Cal) |
| Protein (g) | 47.3g | 13g |
| Fat, total (g) | 27g | 7.4g |
| - saturated (g) | 10.7g | 2.9g |
| Carbohydrate (g) | 65g | 17.8g |
| - sugars (g) | 10.9g | 3g |
| Sodium (mg) | 1487mg | 408mg |
| Dietary Fibre (g) | 5.3g | 1.5g |

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.

1



Get prepped

- Preheat BBQ to high heat.
- Thinly slice **capsicum** and **zucchini** into strips lengthways.
- Finely chop **garlic**.
- In a medium bowl, combine **zucchini** and a drizzle of **olive oil**, then season with **salt** and **pepper**.
- In a second medium bowl, combine **capsicum** and a drizzle of **olive oil**, then season with **salt** and **pepper**.

4



Char the veggies

- While koftas are grilling, grill **zucchini**, turning, until charred and tender, **2-4 minutes** each side. Return to bowl.
- Meanwhile, grill **capsicum**, turning, until charred and tender, **6-8 minutes**. Transfer to bowl with **charred zucchini**.

No BBQ? Cook zucchini in a large frying pan with a drizzle of olive oil over medium-high heat, 2-4 minutes each side. Cook capsicum, tossing, until tender, 4-5 minutes.

2



Make the koftas

- In a large bowl, combine **beef mince**, **Mediterranean seasoning**, **fine breadcrumbs**, **fetta cubes** and the **egg**.
- Using damp hands, roll **beef mixture** into koftas about 8cm long and 2.5cm thick (3 per person).

5



Grill the pita pockets

- While veggies are cooking, grill **pita bread**, until golden and warmed through, **2-4 minutes** each side.

No BBQ? Microwave pita bread on a plate for 1 minute, until warmed through.

3



Grill the koftas

- When BBQ is hot, grill **koftas**, turning occasionally, until cooked through and slightly charred, **8-10 minutes**.

No BBQ? Cook koftas in a large frying pan over medium-high heat with a drizzle of olive oil, turning regularly, until browned, 10-12 minutes.

6



Finish & serve

- To bowl with charred veggies, add **mixed salad leaves** and a drizzle of **vinegar** and olive oil. Season to taste.
- In a small heatproof bowl, combine garlic and a drizzle of olive oil. Microwave in **10 second** bursts, until fragrant. Stir in **Greek style yoghurt**, until combined. Season to taste.
- Halve koftas and pita bread. Build pita pockets by filling with some charred capsicum salad and chargrilled beef and fetta koftas.
- Top with garlic yoghurt. Serve with any remaining salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW52



CUSTOM OPTIONS

+ DOUBLE GREEK-STYLE YOGHURT
Follow method above.

↻ SWAP TO PORK MINCE
Follow method above.

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

