



Middle Eastern Pork Kofta & Fattoush Salad

with Babaganoush & Pickled Red Onion

Grab your Meal Kit with this symbol



Red Onion



Cherry Tomatoes



Cucumber



Mini Flour Tortillas



Babaganoush



Pork Mince



Ras El Hanout



Fine Breadcrumbs



Mixed Salad Leaves

Hands-on: **15-20 mins**
Ready in: **30-40 mins**

Carb Smart

Fattoush is basically a Mediterranean fried bread salad that typically includes lettuce, tomatoes, cucumber and pieces of pita bread. Our version is inspired by this classic recipe but adds tasty pork koftas and creamy babaganoush to create a low-carb meal that's sure to satisfy.

Pantry items

Olive Oil, White Wine Vinegar, Egg

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 |
| cherry tomatoes | 1 punnet | 2 punnets |
| cucumber | 1 | 2 |
| mini flour tortillas | 2 | 4 |
| babaganoush | 1 packet | 2 packets |
| pork mince | 1 small packet | 1 medium packet |
| ras el hanout | 1 sachet | 2 sachets |
| fine breadcrumbs | ½ packet | 1 packet |
| salt* | ¼ tsp | ½ tsp |
| egg* | 1 | 2 |
| mixed salad leaves | 1 bag (30g) | 1 bag (60g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2135kJ (510Cal) | 460kJ (109Cal) |
| Protein (g) | 34g | 7.3g |
| Fat, total (g) | 28.4g | 6.1g |
| - saturated (g) | 6.9g | 1.5g |
| Carbohydrate (g) | 25.9g | 5.6g |
| - sugars (g) | 7.7g | 1.7g |
| Sodium (mg) | 699mg | 151mg |
| Dietary Fibre (g) | 6.1g | 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Pickle the red onion

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



Cook the pork koftas

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **pork koftas** and cook, turning, for **2-3 minutes**, or until browned all over. Reduce the heat to medium and cook for a further **7-9 minutes**, or until cooked through.

TIP: The koftas are cooked when they are no longer pink inside.



Get prepped

Halve the **cherry tomatoes**. Roughly chop the **cucumber**. Tear the **mini flour tortillas** (see ingredients) into small pieces. In a small bowl, combine the **babaganoush** and a small drizzle of **water**. Set aside.



Make the tortilla chips

While the koftas are cooking, place torn **tortilla** pieces on a lined oven tray. Season generously and drizzle with **olive oil**. Spread in a single layer and bake for **3-5 minutes**, or until golden. Set aside to cool slightly. In a medium bowl, combine the **mixed salad leaves**, **cherry tomatoes**, **cucumber**, and **tortilla** pieces. Drizzle with **olive oil** and season to taste.

TIP: The tortillas can burn quickly so keep an eye on them!



Prep the pork koftas

In a medium bowl, combine the **pork mince**, **ras el hanout**, **fine breadcrumbs** (see ingredients), the **salt** and **egg**. Using damp hands, roll the **pork mixture** into koftas. You should get 3 koftas per person.



Serve up

Divide the fattoush salad between plates. Top with the pork koftas, babaganoush and pickled red onion.

Enjoy!