

# Beef Kofta in Pitta

with Feta and Tzatziki

hellóchef

Straightforward to make, fun to eat!

Cals 1085 • Prot 46 • Carbs 81 • Fat 64

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🕒 cook: 30 min

R3026



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Pickled onion	2 ppl	3 ppl	4 ppl	
Red onion	1	2	2	Piece
Lemon	1	1	1	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	0.5	Tsp
Black pepper	0.5	0.5	0.5	Tsp

Beef kofta				
Beef mince	350	525	700	Grams
Fresh parsley	15	15	15	Grams
Garlic onion powder	4	4	8	Grams
Worcestershire sauce 6*, 11*	15	22	30	ML
Garam masala	2	5	6	Grams
Coriander cumin powder	4	4	8	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Olive oil	2	3	4	Tbsp

Tzatziki				
Cucumber	1	2	2	Piece
Natural yogurt 4*	170	340	340	Grams
Salt	0.5	0.5	0.5	Tsp

For pittas				
Tomatoes	1	2	2	Piece
Pitta bread 4*, 5*, 9*, 10*, 11*	2	3	4	Piece
Feta cheese 4*	50	75	100	Grams
Rocket	40	80	80	Grams

Allergens

\*6 Fish, \*11 Gluten, \*4 Milk, \*5 Eggs, \*9 Soya, \*10 Wheat

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4537 / 1085
Fat (g)	64.1
of which saturates (g)	24.2
Carbohydrate (g)	81
of which sugars (g)	18.2
Fiber (g)	9.2
Protein (g)	46.3
Salt (g)	4.2

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and slice the **onion** into thin rings. Add them to a bowl. Squeeze {1/1.5/2} Tbsp of **lemon** juice over the top. Add a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Mix and set aside. Finely chop the **parsley**.

**Tip!** Pickle the onions up to 24 hours in advance.



2 Make kofta mix

In a bowl, combine the **beef mince**, **parsley**, **garlic onion powder**, **Worcestershire sauce**, **garam masala**, **coriander cumin powder**, **salt** and **pepper**. With clean hands, knead the mix until fully combined. Shape into {8/12/16} **koftas** and set aside.



3 Make tzatziki

Grate the **cucumber**, then carefully squeeze out any excess water. Add the grated **cucumber** to a bowl. Add the **yogurt** and a pinch of **salt**. Mix well and set aside. Cut the **tomatoes** in half, then slice into half moons.

**Tip!** If you have garlic cloves at home, add half a minced clove to your tzatziki for extra deliciousness!



4 Fry koftas

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **koftas** and fry for 5-7 min, turning occasionally, until cooked through and nicely browned.

**Tip!** If the pan is looking crowded, fry the koftas in batches. This will stop them from stewing, rather than frying!



5 Serve

Meanwhile, warm the **pitta breads** in a microwave for 30 sec or until warmed through. Load with the **tzatziki**, **beef kofta**, **tomatoes**, **feta**, drained **onion** and the **rocket**. Serve any remaining **tzatziki** alongside.

**Tip!** Serve any extra toppings to the side.