

# Honey-Glazed Beef & Pork Koftas

with Carrot Ribbon Salad & Mayo

Grab your meal kit with this number

59



Onion



Beef & Pork Mince



Chermoula Spice Blend



Fine Breadcrumbs



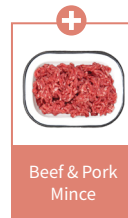
Carrot



Tomato



Mixed Salad Leaves



Beef & Pork Mince



Lamb Mince

Prep in: 20-30 mins  
Ready in: 35-45 mins

 Protein Rich

 Calorie Smart

Koftas are great on a kebab, on a plate or in a bowl - koftas are good anywhere, anytime (that's the main point). We can't get enough of these beef and pork ones that are mildly spiced because they pair off so well with the refreshing cucumber salad. It's another great way to eat koftas.

## 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	½	1
<b>white wine vinegar*</b>	¼ cup	½ cup
beef & pork mince	250g	500g
chermoula spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	½ medium packet	1 medium packet
<b>egg*</b>	1	2
<b>honey*</b>	1 tsp	2 tsp
carrot	½	1
tomato	1	2
mixed salad leaves	1 large packet	2 large packets
<b>mayonnaise*</b>	2 tbsp	4 tbsp

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2470kJ (590Cal)	549kJ (131Cal)
Protein (g)	36.4g	8.1g
Fat, total (g)	36.7g	8.2g
- saturated (g)	9.6g	2.1g
Carbohydrate (g)	28.4g	6.3g
- sugars (g)	15g	3.3g
Sodium (mg)	701mg	156mg
Dietary Fibre (g)	6.1g	1.4g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2026 | CW11



## Pickle the onion

- Thinly slice **onion** (see ingredients).
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch the **sliced onion** in your hands, then add it to the pickling liquid with just enough **water** to cover the onion. Set aside.



## Prep the salad

- Meanwhile, using a vegetable peeler, peel **carrot** (see ingredients) into ribbons.
- Roughly chop **tomato**.



## Make the koftas

- In a medium bowl, combine **beef & pork mince**, **chermoula spice blend**, **fine breadcrumbs** (see ingredients) and the **egg**.
- Using damp hands, roll **mince mixture** into koftas (3-4 per person).



## Toss the salad

- In a large bowl, combine **mixed salad leaves**, **carrot ribbons**, **tomato**, a drizzle of **olive oil** and a splash of the **pickling liquid**. Season to taste with **salt** and **pepper** and toss to combine.



## 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 turn **koftas** to coat.



## Finish & serve

- Drain pickled onion.
- Divide carrot ribbon salad between plates.
- Top with pickled onion and honey-glazed beef and pork koftas.
- Serve with the **mayonnaise**. Enjoy!

CUSTOM  
OPTIONS



**BEEF & PORK MINCE:**

Follow method above, cooking in batches if necessary.



**LAMB MINCE:**

Follow method above.

SCAN CODE FOR  
FULL STEPS AND  
NUTRITION INFO

