

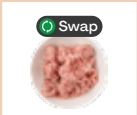


Carb Smart Beef Koftas

with Veggie Hash and Garlic Hummus

Smart Meal

20 Minutes



Ground Pork
250 g | 500 g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



- Ground Beef
250 g | 500 g
- Hummus
4 tbsp | 8 tbsp
- Carrot
1 | 2
- Sweet Bell Pepper
1 | 2
- Parsley
7 g | 14 g
- Dukkah Spice
1 tbsp | 2 tbsp
- Zucchini
1 | 2
- Garlic, cloves
2 | 4
- Mayonnaise
2 tbsp | 4 tbsp
- Panko Breadcrumbs
¼ cup | ½ cup
- Feta Cheese, crumbled
¼ cup | ½ cup
- Tahini Sauce
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, pepper, oil

Cooking utensils | Baking sheet, large non-stick pan, measuring spoons, medium bowl, parchment paper, small bowl, vegetable peeler

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **carrot** into ½-inch rounds.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.

2



Make koftas

Swap | Ground Pork

- Add **ground beef, Dukkah Spice, panko, half the garlic, half the parsley** and ¼ tsp (½ tsp) **salt** to a medium bowl.
- Season with **pepper**, then combine.
- Roll **beef mixture** into six 2-inch logs (12 logs for 4 ppl).

3



Roast koftas and carrots

- Arrange **koftas** on one side of a parchment-lined baking sheet.
- Add **carrots** and **1 tbsp** (2 tbsp) **oil** to the other side of the baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the middle of the oven until **carrots** are golden-brown and **koftas** are cooked through, 12-16 min.**

4



Cook veggie hash

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp oil**, then **zucchini** and **peppers**. (NOTE: For 4 ppl, cook in 2 batches, using 1 tbsp oil per batch.)
- Season with **salt**.
- Cook, stirring often, until **veggies** are tender-crisp, 6-8 min.

5



Mix garlic hummus

- Meanwhile, add **hummus, half the tahini sauce** (use all for 4 ppl), **mayo, 2 tsp** (4 tsp) **water** and **remaining garlic** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Divide **veggie hash** and **roasted carrots** between plates, then top with **koftas**.
- Spoon **garlic hummus** over top.
- Sprinkle with **feta** and **remaining parsley**.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Make koftas

Swap | Ground Pork

If you've opted to get **pork**, cook it in the same way the recipe instructs you to cook the **beef****

** Cook to a minimum internal temperature of 74°C/165°F.