

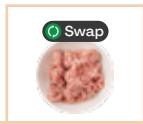


Carb Smart Middle Eastern-Style Beef Bowls

with Creamy Hummus Dressing



Smart Meal 25 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)



You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!** Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.



No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADerno Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at hellofresh.ca/freshsummer.

- Ground Beef
250 g | 500 g
- Hummus
4 tbsp | 8 tbsp
- Mixed Olives
30 g | 60 g
- Carrot
1 | 2
- Panko Breadcrumbs
¼ cup | ½ cup
- Spring Mix
113 g | 227 g
- Shawarma Spice Blend
1 tbsp | 2 tbsp
- Mayonnaise
2 tbsp | 4 tbsp
- Tomato
2 | 4
- Yellow Onion
1 | 2
- White Wine Vinegar
2 tbsp | 4 tbsp
- Garlic, cloves
2 | 4

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 | Sugar, pepper, salt, oil

Cooking utensils | Baking sheet, 2 large bowls, measuring spoons, medium bowl, parchment paper, small bowl, small pot, strainer, vegetable peeler, whisk

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Peel, halve, then thinly slice **onion**.
- Cut **tomato** into ½-inch pieces.
- Drain, then roughly chop **olives**.
- Peel, then mince or grate **garlic**.

2



Form meatballs

[Swap](#) | [Ground Pork](#)

- Combine **beef, panko, Shawarma Spice Blend, half the garlic** and ¼ **tsp** (½ **tsp**) **salt** in a large bowl. (**TIP:** If you prefer a more tender meatball, add an egg to mixture!)
- Roll **mixture** into 8 equal-sized **meatballs** (16 meatballs for 4 ppl).

3



Roast carrots and meatballs

- Add **carrots** and 1 **tbsp** (2 **tbsp**) **oil** to one side of a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Arrange **meatballs** on the other side of baking sheet.
- Roast in the middle of the oven until **carrots** are golden-brown and **meatballs** are cooked through, 10-12 min. ******

4



Pickle onions

- Meanwhile, add **onions, vinegar, 2 tbsp** (4 **tbsp**) **water** and 2 **tsp** (4 **tsp**) **sugar** to a small pot.
- Season with **salt**. Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove from heat. Transfer **onions**, including **pickling liquid**, to a medium bowl.

5



Make creamy hummus dressing and salad

- Add **mayo, hummus, ¼ tsp** (½ **tsp**) **garlic** and 2 **tsp** (4 **tsp**) **water** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine. Set aside.
- Whisk together ½ **tbsp** (1 **tbsp**) **pickling liquid** and ½ **tbsp** (1 **tbsp**) **oil** in another large bowl.
- Add **spring mix** and **tomatoes**, then toss to combine.

6



Finish and serve

- Divide **salad** between plates, then top with **olives, carrots, meatballs** and **pickled onions**.
- Drizzle **creamy hummus dressing** over top.

Measurements
within steps

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

2 | Form meatballs

[Swap](#) | [Ground Pork](#)

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