



# Carb Smart Middle Eastern-Inspired Beef Koftas with Feta and Cucumber Salad

Smart Meal 25 Minutes

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](https://www.hellofresh.ca)







 Ground Turkey 250 g   500 g	 Beyond Meat® 2   4
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 Ground Beef 250 g   500 g	 Spring Mix 113 g   227 g
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 Baby Tomatoes 113 g   227 g	 Mini Cucumber 1   2
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 Lemon 1   2	 Feta Cheese, crumbled ½ cup   1 cup
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 Mayonnaise 4 tbsp   8 tbsp	 Italian Breadcrumbs 2 tbsp   4 tbsp
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 Shawarma Spice Blend 1 tbsp   2 tbsp	 Fig Spread 2 tbsp   2 tbsp
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**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, oil, salt, pepper

**Cooking utensils** | Baking sheet, large bowl, measuring spoons, medium bowl, parchment paper, small bowl, whisk, zester

1



## Prep

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

- Halve **tomatoes**.
- Thinly slice **cucumbers**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.

2



## Form koftas

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Line a baking sheet with parchment paper.
- Add **breadcrumbs**, **Shawarma Spice Blend**, **half the feta** and **beef** to a medium bowl. Season with **pepper**, then combine.
- Roll **mixture** into six 2-x1-inch logs (12 logs for 4 ppl).

3



## Roast koftas

- Arrange **koftas** on the prepared baking sheet.
- Roast in the **middle** of the oven, until golden-brown and cooked through, 13-15 min. **\*\***

4



## Make salad

- Add **half the fig spread** (use all for 4 ppl), **1/8 tsp** (1/4 tsp) **sugar**, **1 tsp** (2 tsp) **lemon juice** and **1 tbsp** (2 tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Add **spring mix**, **cucumbers** and **tomatoes**, then toss to combine.

5



## Finish and serve

- Add **lemon zest**, **mayo**, **1/2 tsp** (1 tsp) **lemon juice** and **1 tsp** (2 tsp) **water** to a small bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Divide **koftas** and **salad** between plates.
- Sprinkle **salad** with **remaining feta**.
- Drizzle **lemon-mayo sauce** over **koftas**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements  
within steps

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

## 2 | Form koftas

Swap | **Ground Turkey**

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

## 2 | Form Beyond Meat® koftas

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way the recipe instructs you to prepare, cook and plate the **beef**.**\*\***

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