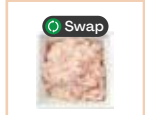




Carb Smart Middle Eastern-Inspired Beef Koftas

with Feta and Cucumber Salad

Smart Meal 25 Minutes



Ground Chicken*
250 g | 500 g

Customized Protein + Add Swap or x2 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 Beef
250 g | 500 g



Spring Mix
113 g | 227 g



Baby Tomatoes
113 g | 227 g



Mini Cucumber
1 | 2



Lemon
1 | 2



Feta Cheese, crumbled
1/2 cup | 1 cup



Mayonnaise
4 tbsp | 8 tbsp



Italian Breadcrumbs
2 tbsp | 4 tbsp



Shawarma Spice Blend
1 tbsp | 2 tbsp



Fig Spread
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 | 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 Chicken](#)

- 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 2x1-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 Chicken](#)

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

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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