



# Shawarma-Inspired Beef Meatballs

## with Roasted Veggie Couscous and Feta Cheese

Family Friendly

35-45 Minutes

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)

Swap



Ground Turkey  
250 g | 500 g

Swap



Beyond Meat®  
2 | 4



Ground Beef  
250 g | 500 g



Pearl Couscous  
¼ cup | 1 ½ cups



Shawarma Spice Blend  
7 g | 14 g



Garlic, cloves  
1 | 2



Zucchini  
1 | 2



Sweet Bell Pepper  
1 | 2



Parsley  
7 g | 14 g



Feta Cheese, crumbled  
¼ cup | ½ cup



Italian Breadcrumbs  
2 tbsp | 4 tbsp



Mayonnaise  
4 tbsp | 8 tbsp



Lemon  
1 | 2



**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.

Ingredient quantities 56 g | 113 g  
2-serving | 4-serving

Pantry items | Salt, oil, pepper

Cooking utensils | Aluminum foil, 2 baking sheets, large bowl, measuring cups, measuring spoons, medium pot, small bowl, strainer, whisk

1



## Prep and roast veggies

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Cut **zucchini** into ½-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- To an unlined baking sheet, add **zucchini, peppers, 1 tbsp (2 tbsp) oil** and **half the Shawarma Spice Blend**. Season with **salt** and **pepper**, then toss to combine.
- Roast **veggies** in the top of the oven for 12-14 min, until tender-crisp.

2



## Form and roast meatballs

- ◉ Swap | **Ground Turkey**
- ◉ Swap | **Beyond Meat®**

- Meanwhile, line another baking sheet with foil.
- To a large bowl, add **beef, breadcrumbs, remaining Shawarma Spice Blend** and **¼ tsp (½ tsp) salt**. Season with **pepper**, then combine.
- Roll **mixture** into 8 (16) equal-sized **meatballs**.
- On the prepared baking sheet, arrange **meatballs**. Roast in the **middle** of the oven for 10-12 min, until browned and cooked through.\*\*

3



## Start couscous

- Meanwhile, heat a medium pot over medium-high.
- When hot, add **couscous**. Cook for 2-3 min, stirring often, until **couscous** is slightly golden.
- Add **2 cups (4 cups) water** and **1 tsp (2 tsp) salt**. Cover and bring to a boil over high.
- Once boiling, reduce heat to medium-low. Simmer for 6-8 min, still covered, until **couscous** is tender.

4



## Make toum

- Juice **half the lemon** (whole lemon for 4 servings). Cut **remaining lemon** into wedges.
- Roughly chop **parsley**.
- To a small bowl, add **mayo, 2 tsp (4 tsp) lemon juice** and **¼ tsp (½ tsp) garlic**. (Like things spicy? Add more garlic!)
- Season with **salt** and **pepper**, then whisk until smooth. Set aside.

5



## Finish couscous

- Drain and return **couscous** to the same pot, off heat.
- To the pot with **couscous**, add **roasted veggies** and **parsley**. Season with **salt** and **pepper**, then stir to combine.

6



## Finish and serve

- Divide **roasted veggie couscous** between bowls. Top with **meatballs** and sprinkle with **feta**.
- Dollop **toum** over top.
- Squeeze a **lemon wedge** over top, if you like.

Measurements within steps **1 tbsp** (2 tbsp) **oil**  
2-serving 4-serving Ingredient

### For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 2 | Form and roast meatballs

◉ Swap | **Ground Turkey**

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

## 2 | Roast Beyond Meat® meatballs

◉ Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prep and cook 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 165°F.