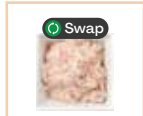




Carb Smart Middle Eastern-Style Beef Bowls

with Creamy Hummus Dressing

Smart Meals 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
- Hummus
4 tbsp | 8 tbsp
- Mixed Olives
30 g | 60 g
- Carrot
1 | 2
- Panko Breadcrumbs
1/2 cup | 1/2 cup
- Spring Mix
113 g | 227 g
- Shawarma Spice Blend
7 g | 14 g
- 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.

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

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 **tomatoes** into ½-inch pieces.
- Drain, then roughly chop **olives**.
- Peel, then mince or grate **garlic**.

2



Form meatballs

 Swap | **Ground Chicken**

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

3



Roast carrots and meatballs

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

4



Pickle onions

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

5



Make hummus dressing and salad

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

6



Finish and serve

- Drain **pickled onions** and discard remaining pickling liquid.
- 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-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 meatballs

 Swap | **Ground Chicken**

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