



Beef Kofta Tray Bake

with Couscous and Lemony Hummus Drizzle

FAMILY 40 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Ground Beef



Parsley



Shawarma Spice Blend



Zucchini



Sweet Bell Pepper



Lemon



Panko Breadcrumbs



Shallot



Red Onion, sliced



Israeli Couscous



Hummus



Beef Broth Concentrate



Garlic



Garlic Salt



Mayonnaise

HELLO ISRAELI COUSCOUS

Little pearl-shaped pasta that cooks in no time!

START HERE

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

Bust Out

Baking Sheet, Large Pot, Box Grater, Aluminum Foil, Strainer, Microplane/Zester, Medium Bowl, Small Bowl, Measuring Cups & Spoons

Ingredients

	4 Person
Ground Beef	500 g
Parsley	14 g
Shawarma Spice Blend	2 tbsp
Zucchini	200 g
Sweet Bell Pepper	160 g
Lemon	1
Panko Breadcrumbs	½ cup
Shallot	100 g
Red Onion, sliced	113 g
Israeli Couscous	1 ½ cup
Hummus	114 g
Beef Broth Concentrate	1
Garlic	9 g
Garlic Salt	1 tsp
Mayonnaise	2 tbsp
Unsalted Butter*	2 tbsp
Oil*	
Salt and Pepper*	

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. PREP

Add **10 cups water** and **2 tsp salt** in a large pot. Cover and bring to a boil over high heat. Meanwhile, core then cut the **peppers** into 1-inch pieces. Slice the **zucchini** into ½-inch rounds. Roughly chop the **parsley**. Peel, then grate the **shallot**. Zest, then juice **lemon**. Peel, then mince the **garlic**.



4. COOK COUSCOUS

Add **couscous** to the pot with the **boiling water**. Cook, uncovered, stirring occasionally, until tender, 5-6 min. When **pasta** is tender, reserve **¼ cup pasta water**, then drain and return to the same pot.



2. MAKE KOFTA

Combine **beef**, **shallot**, **panko**, **half the garlic**, **half the garlic salt**, **half the parsley** and **half the shawarma spice** in a medium bowl. Season with **pepper**. Roll **mixture** into **12 2x1-inch logs**.



5. TOSS COUSCOUS AND MAKE HUMMUS

Add **half the lemon juice**, **lemon zest**, **broth concentrate**, **2 tbsp butter**, **remaining parsley** and **reserved pasta water** to the large pot with the **Israeli couscous**. Stir to combine. Stir together the **hummus**, **mayo**, **remaining lemon juice** and **remaining garlic** in a small bowl.



3. BAKE VEG AND KOFTA

Add the **peppers**, **zucchini**, **onion**, **remaining shawarma spice**, **remaining garlic salt** and **2 tbsp oil** to a foil-lined baking sheet. Toss to coat. Spread the **veg** out into an even layer. Add the **kofta** on top of the **veg**. Bake in **middle** of oven, until golden and cooked through, 12-16 min.



6. FINISH AND SERVE

Divide the **couscous** between plates. Top with the **roasted veg** and **koftas**. Drizzle over the **garlic hummus dressing**.

Dinner Solved!