



Beef Kofta Tray Bake

with Couscous and Lemony Hummus Drizzle

Family Friendly 40 Minutes



Ground Beef



Parsley



Shawarma Spice Blend



Zucchini



Sweet Bell Pepper



Lemon



Panko Breadcrumbs



Red Onion



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, medium bowl, microplane/zester, measuring spoons, strainer, parchment paper, small bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Parsley	7 g	14 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Lemon	1	1
Panko Breadcrumbs	¼ cup	½ cup
Red Onion	113 g	113 g
Israeli Couscous	¾ cup	1 ½ cup
Hummus	57 g	114 g
Beef Broth Concentrate	2	4
Garlic	3 g	6 g
Garlic Salt	1 tsp	1 tsp
Mayonnaise	2 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

Add **10 cups water** and **2 tsp salt** to a large pot (**NOTE:** Use same amount for 4 ppl.) Cover and bring to a boil over high heat. While the **water** comes to a boil, core, then cut **pepper** into 1-inch pieces. Slice **zucchini** into ½-inch rounds. Halve, peel, then cut **onion** into ¼-inch cubes. Roughly chop **parsley**. Zest, then juice **lemon**. Peel, then mince or grate **garlic**.



Cook couscous

Add **couscous** to the pot of **boiling water**. Cook, uncovered, stirring occasionally, until tender, 5-6 min. When **couscous** is tender, reserve **¼ cup pasta water** (dbl for 4 ppl), then drain and return **couscous** to the same pot, off heat.



Make koftas

Combine **beef, panko, half the garlic, half the garlic salt, half the parsley** and **half the Shawarma Spice Blend** in a medium bowl. Season with **pepper**. Roll **mixture** into **6 2x1-inch logs** (12 for 4 ppl).



Finish couscous and make hummus

Add **half the lemon juice, lemon zest, broth concentrate, 1 tbsp butter** (dbl for 4 ppl), **remaining parsley** and **reserved pasta water** to the large pot with the **couscous**. Stir to coat. Combine the **hummus, mayo, remaining lemon juice** and **remaining garlic** in a small bowl.



Bake veggies and koftas

Add the **peppers, zucchini, onions, remaining Shawarma Spice Blend, remaining garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Toss to coat, then spread into an even layer. Add the **koftas** on top of the **veggies**. Bake in the **middle** of the oven, until **veggies** are tender and **koftas** are cooked through, 12-16 min. **



Finish and serve

Divide **couscous** between plates. Top with **baked veggies** and **koftas**. Drizzle **lemony hummus sauce** over top.

Dinner Solved!