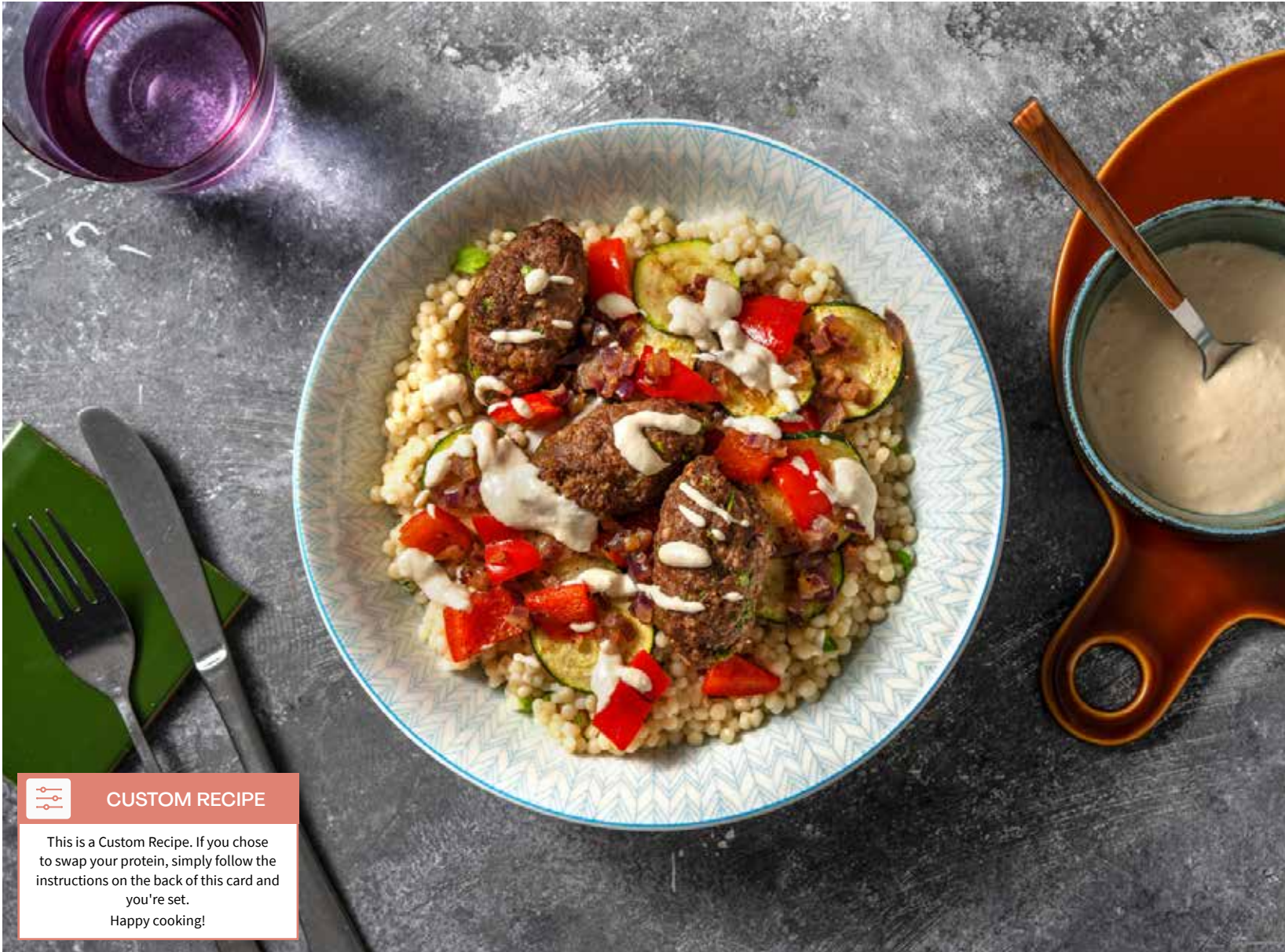




Beef Kofta Tray Bake

with Couscous and Lemony Hummus Drizzle

Family Friendly 35 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set. Happy cooking!

- Ground Beef
- Minced Turkey
- Parsley
- Shawarma Spice Blend
- Zucchini
- Sweet Bell Pepper
- Lemon
- Panko Breadcrumbs
- Shallot
- Red Onion, sliced
- Israeli Couscous
- Hummus
- Chicken Stock Reduction
- 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, measuring cups, measuring spoons, medium bowl, microplane/zester, strainer, box grater, small bowl, large pot, parchment paper

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Minced Turkey	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
Shallot	50 g	100 g
Red Onion, sliced	56 g	113 g
Israeli Couscous	¾ cup	1 ½ cup
Hummus	57 g	114 g
Chicken Stock Reduction	1	2
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** in a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. While **water** comes to a boil, core then cut **pepper** into 1-inch pieces. Cut **zucchini** into ½-inch rounds. Roughly chop **parsley**. Peel, then grate **shallot**. Zest, then juice **lemon**. Peel, then mince or grate **garlic**.



Cook couscous

While **veggies** and **koftas** bake, add **couscous** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 6-8 min. When **pasta** is tender, reserve **2 tbsp pasta water** (dbl for 4 ppl), then drain and return to the same pot, off heat.



Make koftas

Combine **beef**, **panko**, **grated shallot**, **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).

 **CUSTOM RECIPE**

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



Toss couscous and make hummus drizzle

Add **chicken stock reduction**, **1 tsp lemon zest**, **1 tbsp lemon juice**, **1 tbsp butter** (dbl all for 4 ppl), **remaining parsley** and **reserved pasta water** to the large pot with **couscous**. Stir to combine. Stir together **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. Arrange **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 **veggies** and **koftas**. Top with **lemony hummus drizzle**.

Dinner Solved!