



Beef Kofta Tray Bake

with Orzo and Lemony Hummus Sauce

Family Friendly 30-40 Minutes



Ground Beef



Shawarma Spice Blend



Zucchini



Sweet Bell Pepper



Lemon



Panko Breadcrumbs



Red Onion



Orzo



Hummus



Garlic Salt



Mayonnaise



Garlic, cloves



Scan the QR code to download our app.

HELLO ORZO

It looks like rice but it's actually pasta!

Start here

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

Bust out

Baking sheet, medium bowl, measuring spoons, strainer, zester, box grater, medium pot, parchment paper, small bowl, measuring cups

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Lemon	1	2
Panko Breadcrumbs	¼ cup	½ cup
Red Onion	113 g	113 g
Orzo	170 g	340 g
Hummus	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Mayonnaise	2 tbsp	4 tbsp
Garlic, cloves	1	2
Unsalted Butter*	2 tbsp	4 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 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.

Contact

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Prep

- Add **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, core, then cut **pepper** into 1-inch pieces.
- Peel, then grate **half the onion**. Cut **remaining onion** into ½-inch pieces.
- Cut **zucchini** into ½-inch rounds.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.



Cook orzo

- Meanwhile, add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **1 tbsp pasta water** (dbl for 4 ppl), then drain and return **orzo** to the same pot, off heat.



Make koftas

- Add **beef, panko, grated onion, half the garlic, half the garlic salt** and **half the Shawarma Spice Blend** to a medium bowl. Season with **pepper**, then combine.
- Roll **mixture** into **6 oval logs** (12 for 4 ppl).



Finish orzo and make sauce

- Add **1 tsp lemon zest, ½ tsp lemon juice, 2 tbsp butter** (dbl all for 4 ppl) and **reserved pasta water** to the pot with **orzo**. Stir to combine. Set aside.
- Stir together **hummus, mayo, remaining lemon juice** and **remaining garlic** in a small bowl.



Bake veggies and koftas

- Add **peppers, zucchini, diced onions, remaining Shawarma Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **remaining garlic salt**, then toss to combine.
- Arrange **veggies** in a single layer. Place **koftas** on top of **veggies**.
- Bake in the **middle** of the oven until **veggies** are tender and **koftas** are cooked through, 14-20 min.**



Finish and serve

- Divide **orzo** between plates. Top with **veggies, koftas** and **lemony hummus sauce**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!