



Carb Smart Beef Kofta

with Veggie Hash and Garlic Hummus

Carb Smart

30 Minutes



Ground Beef



Hummus



Eggplant



Sweet Bell Pepper



Parsley



Dukkah Spice



Zucchini



Garlic Puree



Mayonnaise



Panko Breadcrumbs



Feta Cheese,
crumbled

HELLO DUKKAH SPICE

This seasoning originating from Egyptian cuisine is a savoury blend of seeds, nuts and warm spices!

Start here

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

Bust out

Baking sheet, medium bowl, measuring spoons, parchment paper, small bowl, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Hummus	57 g	114 g
Eggplant	320 g	640 g
Sweet Bell Pepper	160 g	320 g
Parsley	7 g	14 g
Dukkah Spice	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Garlic Puree	2 tbsp	4 tbsp
Mayonnaise	2 tbsp	4 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Feta Cheese, crumbled	¼ cup	½ cup
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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep

Cut **zucchini** in half lengthwise, then into ¼-inch half-moons. Core, then cut **pepper** into ½-inch pieces. Cut **eggplant** into ½-inch pieces. Roughly chop **parsley**.



Make koftas

Combine **beef**, **Dukkah Spice**, **panko**, **half the garlic puree**, **half the parsley** and **¼ tsp salt** (dbl for 4 ppl) in a medium bowl. Season with **pepper**. Roll **mixture** into **six 2x1-inch logs** (twelve logs for 4 ppl).



Bake koftas

Arrange **koftas** on a parchment-lined baking sheet. Bake in the **middle** of the oven until cooked through, 12-16 min.**



Cook veggie hash

While the **koftas** bake, heat a large non-stick pan over medium-high heat. When hot, add **2 tbsp oil**, then **zucchini**, **peppers** and **eggplant**. Season with **salt**. Cook, stirring often, until tender-crisp, 6-8 min. (**NOTE:** For 4 ppl, cook in 2 batches, using 2 tbsp oil per batch.) (**TIP:** Eggplant loves to soak up oil. If your pan becomes dry, add another 1 tsp oil so the veggies don't stick to the pan.)



Mix garlic hummus

While **veggies** cook, add **hummus**, **mayo**, **2 tsp water** (dbl for 4 ppl) and **remaining garlic puree** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Finish and serve

Divide **veggie hash** between plates, then top with **beef koftas**. Spoon **garlic hummus** over top. Sprinkle with **feta** and **remaining parsley**.

Dinner Solved!