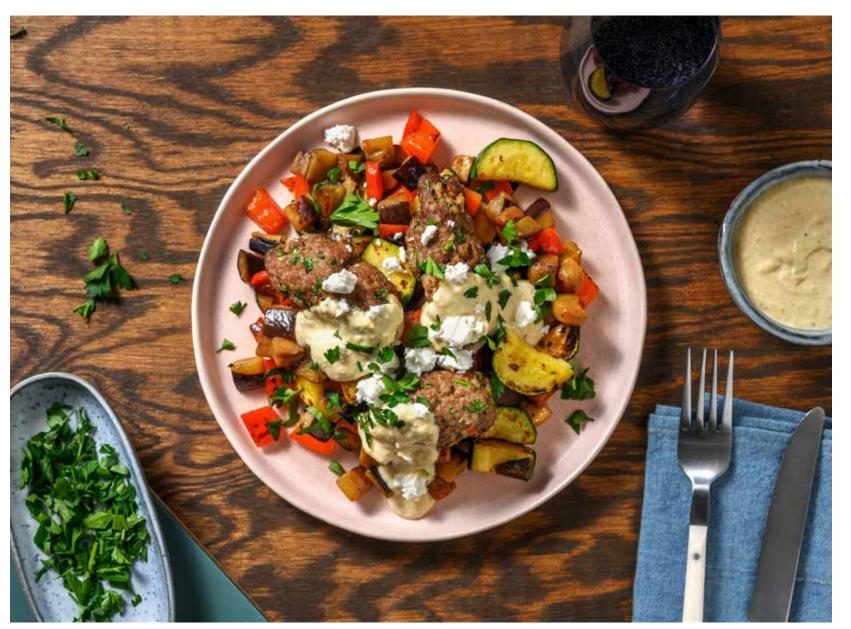


Carb Smart Beef Kofta

with Veggie Hash and Garlic Hummus

Carb Smart

30 Minutes





Ground Beef





Eggplant











Dukkah Spice







Mayonnaise



Panko Breadcrumbs



Feta Cheese, crumbled

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

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	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	⅓ cup	½ cup
Feta Cheese, crumbled	1/4 cup	½ cup
Oil*		

Salt and Pepper*

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!

^{*} Pantry items

^{**} Cook to a minimum internal temperature of 74°C/165°F.