



Carb Smart Beef Koftas

with Veggie Hash and Garlic Hummus

Carb Smart

30 Minutes



Ground Beef



Hummus



Carrot



Sweet Bell Pepper



Parsley



Dukkah Spice



Zucchini



Garlic, cloves



Mayonnaise



Panko Breadcrumbs



Feta Cheese, crumbled

HELLO DUKKAH SPICE

This Egyptian seasoning 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, vegetable peeler, measuring spoons, parchment paper, small bowl, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Hummus	4 tbsp	8 tbsp
Carrot	170 g	340 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, cloves	3	6
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 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

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Prep

- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **carrot** into ½-inch rounds.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.



Cook veggie hash

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **zucchini** and **peppers**. (**NOTE:** For 4 ppl, cook in 2 batches, using 1 tbsp oil per batch.) Season with **salt**. Cook, stirring often, until tender-crisp, 6-8 min.



Make koftas

- Add **beef, dukkah spice, panko, half the garlic, half the parsley** and **¼ tsp salt** (dbl for 4 ppl) to a medium bowl. Season with **pepper**, then combine.
- Roll **mixture** into **six 2-inch logs** (12 logs for 4 ppl).



Mix garlic hummus

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



Roast koftas

- Arrange **koftas** on one side of a parchment-lined baking sheet.
- Add **carrots** and **1 tbsp oil** (dbl for 4 ppl) to the other side of the baking sheet. Season **carrots** with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven until **carrots** are golden-brown and **koftas** are cooked through, 12-16 min. **



Finish and serve

- Spread **garlic hummus** onto plates.
- Top with **veggie hash** and **carrots**, then **beef koftas**.
- Sprinkle **feta** and **remaining parsley** over top.

Dinner Solved!