




Carb Smart Beef Koftas

with Veggie Hash and Garlic Hummus

Carb Smart

30 Minutes



-  Ground Beef
-  Ground Turkey
-  Hummus
-  Carrot
-  Sweet Bell Pepper
-  Parsley
-  Dukkah Spice
-  Zucchini
-  Garlic, cloves
-  Mayonnaise
-  Panko Breadcrumbs
-  Feta Cheese, crumbled

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!

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.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

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
Ground Turkey	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 your chosen protein 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 (½ tsp) salt** to a medium bowl. Season with **pepper**, then combine.
- Roll **mixture** into **six 2-inch logs** (12 logs for 4 ppl).

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



Mix garlic hummus

- Meanwhile, add **hummus**, **mayo**, **2 tsp (4 tsp) water** 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 (2 tbsp) oil** 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

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

Dinner Solved!