



# Carb Smart Beef Koftas

with Veggie Hash and Garlic Hummus

Carb Smart

20-min



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

**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to double 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
Double Ground Beef	500 g	1000 g
Hummus	4 tbsp	8 tbsp
Carrot	1	2
Sweet Bell Pepper	1	2
Parsley	7 g	14 g
Dukkah Spice	1 tbsp	2 tbsp
Zucchini	1	2
Garlic, cloves	2	4
Mayonnaise	2 tbsp	4 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Feta Cheese, crumbled	¼ cup	½ cup
Tahini Sauce	1 tbsp	2 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.



### 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 **beef mixture** into **six 2-inch logs** (12 logs for 4 ppl).

If you've opted for **double beef**, add an **extra ¼ tsp (½ tsp) salt** to the **mixture**. Form into **twelve 2-inch logs** (24 logs for 4 ppl).



### Mix garlic hummus

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



### Roast koftas and carrots

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

## Dinner Solved!



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