



Carb Smart Beef Koftas

with Veggie Hash and Garlic Hummus

Calorie Smart

Carb Smart

30 Minutes



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!



Ground Beef



Double Ground Beef



Broccoli, florets



Sweet Bell Pepper



Parsley



Dukkah Spice



Zucchini



Garlic, cloves



Mayonnaise



Panko Breadcrumbs



Feta Cheese, crumbled



Hummus

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, 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
Broccoli, florets	227 g	454 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

- Cut **zucchini** in half lengthwise, then into ¼-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Cut **broccoli** into bite-sized pieces.
- 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).

If you've opted for **double beef**, add an extra **¼ tsp salt** (dbl for 4 ppl) to **beef mixture**. (**TIP:** For 4 ppl, if you prefer a firmer meatball, add 2 eggs to the mixture!) Roll **mixture** into **twelve 2-inch equal-sized logs** (24 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 and broccoli

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



Finish and serve

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

Dinner Solved!