

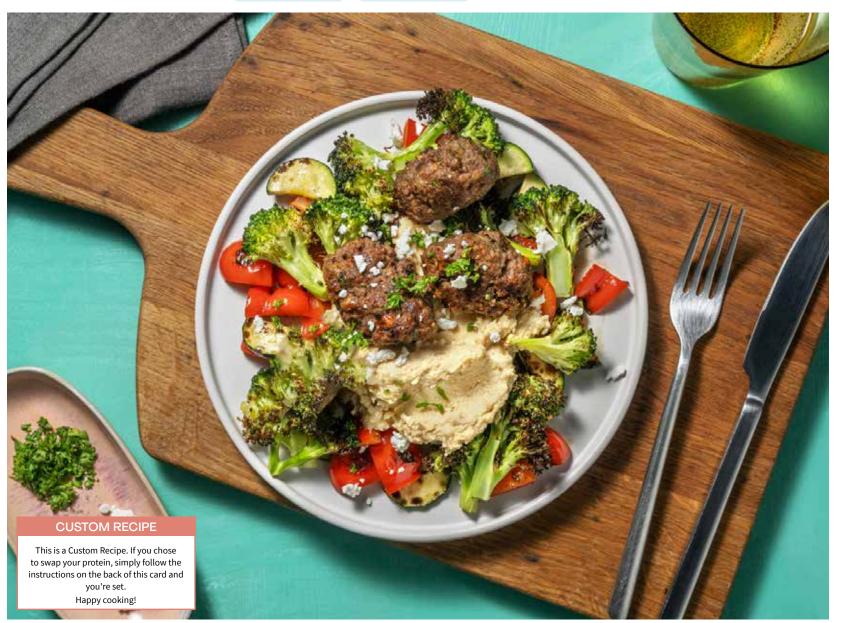
Carb Smart Beef Koftas

with Veggie Hash and Garlic Hummus

Calorie Smart

Carb Smart

30 Minutes





Ground Beef





Broccoli, florets



Sweet Bell Pepper

Dukkah Spice







Zucchini



Garlic, cloves



Mayonnaise



Panko Breadcrumbs



Feta Cheese, crumbled



Hummus

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	⅓ cup	½ cup
Feta Cheese, crumbled	⅓ 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.



Prep

- Cut zucchini in half lengthwise, then into 1/4-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.



Make koftas

- Add beef, Dukkah Spice, panko, half the garlic, half the parsley and 1/4 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 1/4 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).



Roast koftas and broccoli

- Arrange koftas on one side of a parchmentlined 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. **



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.



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.



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!

Contact

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