



Carb Smart Meatballs and Chickpeas with Arugula and Tomato Salad

Carb Smart

30 Minutes



Ground Beef



Arugula and Spinach Mix



Baby Tomatoes



Red Onion



Balsamic Glaze



Chickpeas



Italian Seasoning



Garlic Salt



Tomato Sauce Base

HELLO CHICKPEAS

High in fibre, low in carbs, and perfect for bulking up a salad!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, strainer, 2 large bowls, parchment paper, whisk, paper towels

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Arugula and Spinach Mix	56 g	113 g
Baby Tomatoes	113 g	227 g
Red Onion	113 g	113 g
Balsamic Glaze	2 tbsp	4 tbsp
Chickpeas	370 ml	740 ml
Italian Seasoning	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Tomato Sauce Base	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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Prep

Drain and rinse **chickpeas**, then pat dry with paper towels. Halve **tomatoes**. Peel, then cut **onion** into ¼-inch slices.



Roast meatballs

Halfway through roasting, stir **chickpeas**, then move to one side of the baking sheet and add **meatballs** to the other side of the baking sheet. Continue roasting until **chickpeas** are golden-brown and **meatballs** are cooked through, 10-12 min.** (**NOTE:** For 4 ppl, place meatballs on a separate baking sheet and roast in the top of the oven until cooked through, 10-12 min.**)



Roast chickpeas

Add **chickpeas**, **onions**, **half the Italian Seasoning**, **half the garlic salt** and **1 tbsp oil** (dbl for 4ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, stirring halfway through cooking, until golden brown, 20-22 min. (**NOTE:** In step 4, you will add meatballs to the sheet at the halfway mark.)



Make salad

While **chickpeas** and **meatballs** roast, whisk together **half the balsamic glaze** and **1 tbsp oil** (dbl for 4 ppl) in another large bowl. Add **tomatoes** and **arugula and spinach mix**. Season with **salt** and **pepper**, then toss to combine.



Form meatballs

While **chickpeas** roast, combine **beef**, **remaining Italian Seasoning**, **remaining garlic salt** and **1 tbsp tomato sauce base** (dbl for 4 ppl) in a large bowl. Season with **pepper**. Roll mixture into **8 equal-sized meatballs** (16 for 4 ppl).



Finish and serve

Divide **chickpeas** and **salad** between plates. Top **chickpeas** with **meatballs**, then drizzle **remaining balsamic glaze** over top.

Dinner Solved!