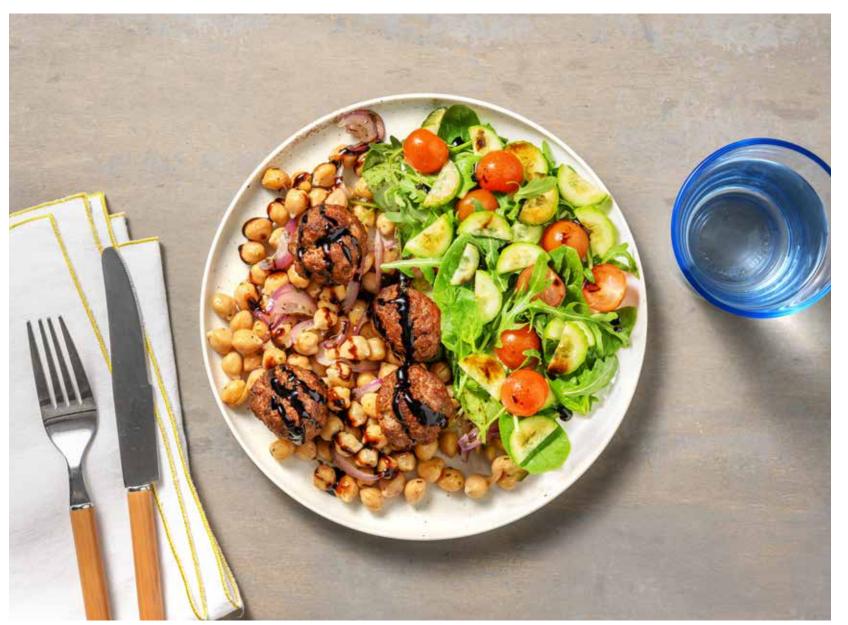


# Carb Smart Meatballs and Chickpeas

with Arugula, Cucumber and Tomato Salad

Carb Smart

30 Minutes







**Ground Beef** 



Arugula and Spinach

Mini Cucumber

Balsamic Glaze

Italian Seasoning









**Red Onion** 





Chickpeas



Garlic Salt



Italian Breadcrumbs

# Start here

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

#### **Bust out**

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

# Ingredients

2 Person	4 Person
250 g	500 g
56 g	113 g
113 g	227 g
66 g	132 g
56 g	113 g
2 tbsp	4 tbsp
398 ml	796 ml
1 tbsp	2 tbsp
1 tsp	2 tsp
1/4 cup	½ cup
	250 g 56 g 113 g 66 g 56 g 2 tbsp 398 ml 1 tbsp 1 tsp

- \*\* 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

Drain and rinse chickpeas, then pat dry with paper towels. Halve tomatoes. Halve cucumber lengthwise, then cut into 1/4-inch half-moons. Peel, then cut half the onion into ¼-inch slices (whole onion for 4 ppl).



# Roast chickpeas

Add chickpeas, onions, half the Italian Seasoning, half the garlic salt and 1 tbsp oil (dbl for 4 ppl) to a parchment-lined baking sheet. Season with pepper, then toss to combine. Roast in the **middle** of the oven until **onions** are tender-crisp, 10-12 min. (NOTE: In step 4, you will add meatballs to the sheet and continue to roast chickpeas.)



#### Form meatballs

Meanwhile, add beef, breadcrumbs, remaining Italian Seasoning and remaining garlic salt to a large bowl. (TIP: If you prefer a firmer meatball, add an egg to the mixture!) Season with **pepper**, then combine. Roll mixture into 8 equal-sized meatballs (16 for 4 ppl).



# Roast meatballs

When chickpeas have roasted for 10-12 min, stir, then move to one side of the baking sheet. Cover chickpeas loosely with foil. Arrange **meatballs** on the other side of the baking sheet. (NOTE: For 4 ppl, arrange meatballs on a separate baking sheet.) Continue roasting until **chickpeas** are golden-brown and meatballs are cooked through, 10-12 min.\*\* (NOTE: For 4 ppl, roast meatballs in the top of the oven.)



# Make salad

Meanwhile, add half the balsamic glaze and 1 tbsp oil (dbl for 4 ppl) to another large bowl. Season with salt and pepper, then whisk to combine. Add tomatoes, cucumbers and arugula and spinach mix, then toss to combine.



#### Finish and serve

Divide chickpeas and meatballs between bowls. Drizzle remaining balsamic glaze over top. Serve salad alongside.

# **Dinner Solved!**

# Contact

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