

Carb Smart Meatballs and Chickpeas with Arugula, Cucumber and Tomato Salad

Carb Smart 30 Minutes



Ground Beef



Arugula and Spinach Mix



Baby Tomatoes



Mini Cucumber



Red Onion



Balsamic Glaze



Chickpeas



Italian Seasoning



Garlic Salt



Italian Breadcrumbs

HELLO CHICKPEAS

High in fibre, low in carbs and perfect in place of a classic starch!

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
Ground Beef	250 g	500 g
Arugula and Spinach Mix	56 g	113 g
Baby Tomatoes	113 g	227 g
Mini Cucumber	66 g	132 g
Red Onion	56 g	113 g
Balsamic Glaze	2 tbsp	4 tbsp
Chickpeas	398 ml	796 ml
Italian Seasoning	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Italian Breadcrumbs	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

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



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.)



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.



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).



Finish and serve

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

Dinner Solved!