



Carb Smart Middle Eastern-Inspired Beef Koftas with Feta and Radish Salad

Carb Smart

25 Minutes



Ground Pork

250 g | 500 g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit [hellofresh.ca](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Spring Mix
113 g | 227 g



Baby Tomatoes
113 g | 227 g



Radish
3 | 6



Lemon
1 | 2



Feta Cheese,
crumbled
1/2 cup | 1 cup



Mayonnaise
4 tbsp | 8 tbsp



Italian
Breadcrumbs
2 tbsp | 4 tbsp



Shawarma Spice
Blend
1 tbsp | 2 tbsp



Fig Spread
1 tbsp | 2 tbsp

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.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, medium bowl, measuring spoons, zester, large bowl, parchment paper, small bowl, whisk

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Halve **tomatoes**.
- Thinly slice **radishes**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.

2



Form koftas

Swap | Ground Pork

- Line a baking sheet with parchment paper.
- Add **breadcrumbs**, **Shawarma Spice Blend**, **half the feta** and **beef** to a medium bowl. Season with **pepper**, then combine.
- Roll **mixture** into **six 2x1-inch logs** (12 logs for 4 ppl).

3



Roast koftas

- Arrange **koftas** on the prepared baking sheet.
- Roast in the **middle** of the oven, until golden-brown and cooked through, 13-15 min.**

4



Make salad

- Add **half the fig spread** (use all for 4 ppl), **1 tsp** (2 tsp) **lemon juice** and **1 tbsp** (2 tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Add **spring mix**, **radishes** and **tomatoes**, then toss to combine.

5



Finish and serve

- Add **lemon zest**, **mayo**, $\frac{1}{2}$ **tsp** (1 tsp) **lemon juice** and **1 tsp** (2 tsp) **water** to a small bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Divide **koftas** and **salad** between plates.
- Sprinkle **salad** with **remaining feta**.
- Drizzle **lemon-mayo sauce** over **koftas**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Form koftas

Swap | Ground Pork

If you've opted to get **pork**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef**.**

** Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.