



Carb Smart Shawarma-Inspired Beef Bowls

with Creamy Hummus Dressing

Carb Smart

30 Minutes



Ground Beef



Hummus



Mixed Olives



Carrot



Panko Breadcrumbs



Spring Mix



Shawarma Spice Blend



Mayonnaise



Roma Tomato



Shallot



White Wine Vinegar



Garlic, cloves

HELLO SHAWARMA SPICE BLEND

Our Shawarma Spice Blend is a unique blend of smoky, sweet and delicious!

Start here

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

Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, 2 large bowls, parchment paper, small pot, small bowl, whisk

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Hummus	4 tbsp	8 tbsp
Mixed Olives	30 g	60 g
Carrot	170 g	340 g
Panko Breadcrumbs	¼ cup	½ cup
Spring Mix	113 g	227 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Roma Tomato	160 g	320 g
Shallot	100 g	200 g
White Wine Vinegar	2 tbsp	4 tbsp
Garlic, cloves	2	4
Sugar*	2 tsp	4 tsp
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

- Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Peel, then thinly slice **shallots**.
- Cut **tomatoes** into ½-inch pieces.
- Drain, then roughly chop **olives**.
- Peel, then mince or grate **garlic**.



Pickle shallots

- Meanwhile, add **shallots, vinegar, 2 tbsp water** and **2 tsp sugar** (dbl both for 4 ppl) to a small pot. Season with **salt**. Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove the pot from heat. Transfer **shallots**, including **pickling liquid**, to a medium bowl.



Form meatballs

- Combine **beef, panko, Shawarma Spice Blend, half the garlic** and **¼ tsp salt** (dbl for 4 ppl) in a large bowl. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!)
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).



Make hummus dressing and salad

- Add **mayo, hummus, ¼ tsp garlic** and **2 tsp water** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.
- Whisk together **½ tsp pickling liquid** and **½ tsp oil** (dbl both for 4 ppl) in another large bowl. Add **spring mix** and **tomatoes**, then toss to combine.



Bake meatballs and carrots

- Add **carrots** and **1 tbsp oil** (dbl for 4 ppl) to one side of a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Arrange **meatballs** on the other side of the baking sheet.
- Bake in the **middle** of the oven until **carrots** are golden-brown and **meatballs** are cooked through, 10-12 min.**



Finish and serve

- Divide **salad** between plates, then top with **olives, carrots, meatballs** and **pickled shallots**.
- Drizzle **hummus dressing** over top.

Dinner Solved!