



Greek Beef and Feta Meatballs

with Lemony Couscous and Roasted Veggies

30 Minutes



Ground Beef



Feta Cheese,
crumbled



Breadcrumbs



Couscous



Sweet Bell Pepper



Lemon



Chicken Broth
Concentrate



Zucchini



Tzatziki



Baby Tomatoes

HELLO FETA

This Greek cheese is aged in brine, giving it a salty kick!

Start here

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

Bust out

2 Baking sheets, measuring spoons, zester, medium pot, large bowl, parchment paper, measuring cups

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Feta Cheese, crumbled	½ cup	½ cup
Breadcrumbs	2 tbsp	4 tbsp
Couscous	½ cup	1 cup
Sweet Bell Pepper	160 g	320 g
Lemon	1	1
Chicken Broth Concentrate	1	2
Zucchini	200 g	400 g
Tzatziki	113 ml	227 ml
Baby Tomatoes	113 g	227 g
Unsalted Butter*	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 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

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Prep

Core, then cut **peppers** into ½-inch pieces. Cut **zucchini** in half lengthwise, then into ½-inch thick half-moons. Zest, then juice **half the lemon** (whole lemon for 4 ppl.) Cut any **remaining lemon** into wedges.



Roast veggies

Add **peppers, tomatoes, zucchini** and **1 tbsp oil** (dbl for 4 ppl) to a baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, stirring halfway through, until tender, 14-15 min.



Make beef and feta meatballs

Combine **beef**, **½ tsp lemon zest** (dbl for 4 ppl), **feta** and **breadcrumbs** in a large bowl. Roll **mixture** into **8 equal-sized meatballs** (dbl for 4 ppl). (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Place **meatballs** on a parchment-lined baking sheet. Bake in the **bottom** of the oven until golden-brown and cooked through, 12-15 min.**



Start couscous

While **meatballs** cook, add **⅔ cup water**, **⅛ tsp salt**, **1 tbsp butter** (dbl all for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat. Once boiling, remove pot from heat, then add **couscous**. Stir to combine. Cover and let stand for 5 min.



Finish couscous

When **couscous** is tender, fluff with a fork. Stir in **roasted veggies**, **1 tbsp lemon juice** and **1 tbsp oil** (dbl both for 4 ppl). Season with **salt** and **pepper**.



Finish and serve

Divide **lemony couscous** between plates. Top with **beef and feta meatballs**. Dollop **tzatziki** over top. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!