



Italian Beef Meatballs & Chickpeas with Cherry Tomatoes and Greens

Carb Smart

30 Minutes



Ground Beef



Arugula and Spinach Mix



Cherry Tomatoes



Red Onion



Balsamic Glaze



Chickpeas



Italian Seasoning



Garlic Salt



Tomato Sauce

HELLO CHICKPEAS

High in fibre, low in carbs, and perfect for bulking out a salad!

Start here

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

Bust Out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Arugula and Spinach Mix	56 g	113 g
Cherry Tomatoes	113 g	227 g
Red Onion	113 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
Tomato Sauce	2 tbsp	2 tbsp
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount

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You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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Prep

Drain and rinse **chickpeas**. Halve **tomatoes**. Peel, then cut the **onion** into ¼-inch slices.



Roast chickpeas

Toss **chickpeas**, **onions**, **half the Italian seasoning**, **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through cooking, until golden brown, 18-20 min. (**NOTE**: In Step 4, stir chickpeas again before adding meatballs.)



Form meatballs

While **chickpeas** roast, combine **beef**, **remaining Italian seasoning**, **remaining garlic salt** and **1 tbsp tomato sauce** (dbl for 4 ppl) in a large bowl. Season with **pepper**. Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).



Roast meatballs

Halfway through roasting, move **chickpeas** to one side of the baking sheet, then add **meatballs** to other side of the baking sheet. Continue roasting until **chickpeas** are golden-brown and **meatballs** are cooked through, 10-12 min. **** (NOTE**: For 4ppl, place meatballs on a separate baking sheet and roast in the top of the oven until cooked through, 10-12 min. ****)**



Make salad

While **chickpeas** and **meatballs** roast, whisk together **half the balsamic glaze** and **1 tbsp oil** (dbl for 4 ppl) in another large bowl. Add **tomatoes** and **arugula and spinach mix**, then toss to combine. Season with **salt** and **pepper**.



Finish and serve

Divide **roasted chickpeas** and **salad** between plates. Top **chickpeas** with **meatballs**, then drizzle **remaining balsamic glaze** over top.

Dinner Solved!