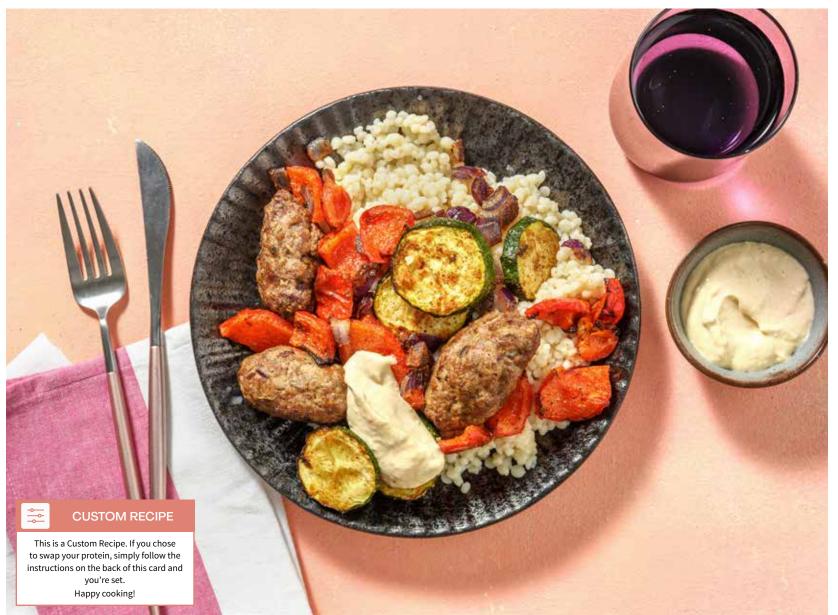


Beef Kofta Tray Bake

with Couscous and Lemony Hummus Sauce

Family Friendly

35 Minutes







Ground Beef



Shawarma Spice Blend



Zucchini





Sweet Bell Pepper



Panko Breadcrumbs



Red Onion



Pearl Couscous



Hummus



Garlic Salt



Garlic, cloves



Mayonnaise

HELLO PEARL COUSCOUS

Start here

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

Bust out

Baking sheet, medium bowl, measuring spoons, strainer, zester, box grater, medium pot, parchment paper, small bowl, measuring cups

Ingredients

2 Dansan	4 Person
2 Person	4 Person
250 g	500 g
250 g	500 g
1 tbsp	2 tbsp
200 g	400 g
160 g	320 g
1	2
1/4 cup	½ cup
113 g	113 g
¾ cup	1 ½ cups
4 tbsp	8 tbsp
1 tsp	2 tsp
1	2
2 tbsp	2 tbsp
1 tbsp	2 tbsp
	250 g 1 tbsp 200 g 160 g 1 1/4 cup 113 g 3/4 cup 4 tbsp 1 tsp 1 2 tbsp

- * 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.

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Prep

Add **6 cups water** and **1 tsp salt** (use same for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, core, then cut **pepper** into 1-inch pieces. Peel, then grate **half the onion**. Cut **remaining onion** into ½-inch pieces. Cut **zucchini** into ½-inch rounds. Zest, then juice **lemon**. Peel, then mince or grate **garlic**.



Make koftas

Add beef, panko, grated onion, half the garlic, half the garlic salt and half the Shawarma Spice Blend to a medium bowl. Season with pepper, then combine. Roll mixture into six 2x1-inch logs (12 for 4 ppl).



CUSTOM RECIPE

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



Bake veggies and koftas

Add peppers, zucchini, remaining onions, remaining Shawarma Spice Blend and 1 tbsp oil (dbl for 4 ppl) to a parchment-lined baking sheet. Season with remaining garlic salt, then toss to combine. Arrange veggies in an even layer. Place koftas on top of veggies. Bake in the middle of the oven until veggies are tender and koftas are cooked through, 12-16 min.**



Cook couscous

While **veggies** and **koftas** bake, add **couscous** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 6-8 min. Reserve **2 tbsp pasta water** (dbl for 4 ppl), then drain and return **couscous** to the same pot, off heat.



Finish couscous and make sauce

Add 1 tsp lemon zest, 1 tbsp lemon juice, 1 tbsp butter (dbl all for 4 ppl) and reserved pasta water to the medium pot with couscous. Stir to combine. Set aside. Stir together hummus, mayo, remaining lemon juice and remaining garlic in a small bowl.



Finish and serve

Divide **couscous** between plates. Top with **veggies**, **koftas** and **lemony hummus sauce**.

Dinner Solved!