



# Olive Stuffed Meatballs with Roasted Veggies

Carb Smart

30 Minutes



Ground Beef



Mixed Olives



Carrot



Red Onion



Shawarma  
Spice Blend



Hummus



Mayonnaise



Parsley



Panko Breadcrumbs



Arugula and  
Spinach Mix



Sweet Bell Pepper



White Wine Vinegar

HELLO HUMMUS

*A combination of mashed chickpeas, tahini, lemon juice and garlic!*

## Start here

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

## Bust Out

2 Baking sheets, vegetable peeler, measuring spoons, large bowl, parchment paper, small bowl, whisk

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Mixed Olives	30 g	60 g
Carrot	170 g	340 g
Red Onion	113 g	226 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Hummus	57 g	114 g
Mayonnaise	2 tbsp	4 tbsp
Parsley	7 g	14 g
Panko Breadcrumbs	¼ cup	½ cup
Arugula and Spinach Mix	56 g	113 g
Sweet Bell Pepper	160 g	320 g
White Wine Vinegar	1 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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## Prep

Halve, peel, then quarter the **onion**. Separate the **onion petals**. Core, then cut the **pepper** into ½-inch pieces. Peel, then cut the **carrot** into ½-inch coins. Roughly chop the **parsley**.



## Roast meatballs

Add **meatballs** to another parchment-lined baking sheet. Roast in the **top** of the oven, until cooked through, 14-15 min.\*\*



## Roast veggies

Toss **carrots, peppers** and **onion petals** with **1 tsp Shawarma Spice Blend** and **1 tbsp oil** (dbl both for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring the **veggies** halfway through cooking, until golden-brown, 14-16 min.



## Mix hummus sauce

While **meatballs** roast, whisk together the **mayo, hummus, vinegar, 1 tbsp water** (dbl for 4 ppl) and **remaining parsley** in a small bowl. Season with **salt** and **pepper**.



## Prep meatballs

While the **veggies** roast, combine **beef, panko, half the parsley, remaining Shawarma Spice Blend** and **¼ tsp salt** (dbl for 4 ppl) in a large bowl. Season with **pepper**. Form **beef mixture** into **8 equal-sized patties** (16 for 4 ppl). Add **1 olive** to the middle of **each patty**, then shape and press **patty** firmly around the **olive**, fully enclosing it to create a ball. Repeat until all **meatballs** are formed.



## Finish and serve

Divide **arugula and spinach mix** and **roasted veggies** between bowls. Top with the **olive stuffed meatballs**. Drizzle **hummus sauce** over top.

## Dinner Solved!