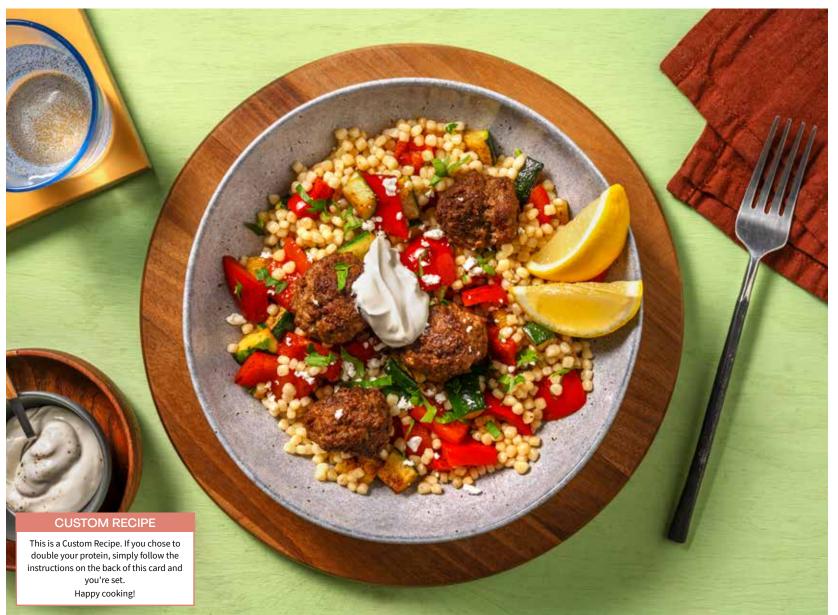


Shawarma Beef Meatballs

with Roasted Veggie Couscous and Feta Cheese

35 Minutes











Pearl Couscous







Garlic, cloves



Zucchini





Sweet Bell Pepper



Sour Cream



Mayonnaise





Feta Cheese, crumbled



Italian Breadcrumbs

Start here

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

Garlic Guide for Step 1 (dbl for 4 ppl):

- Mild: 1/4 tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

2 Baking sheets, measuring spoons, strainer, aluminum foil, medium pot, large bowl, small bowl, measuring cups, whisk

Ingredients

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	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
Pearl Couscous	¾ cup	1 ½ cups
Shawarma Spice Blend	1 tbsp	2 tbsp
Garlic, cloves	2	4
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Parsley	7 g	14 g
Sour Cream	3 tbsp	6 tbsp
Mayonnaise	2 tbsp	2 tbsp
Lemon	1	1
Feta Cheese, crumbled	⅓ cup	½ cup
Italian Breadcrumbs	2 tbsp	4 tbsp
Oil*		

Salt and Pepper*

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 and make toum

Cut **zucchini** into ½-inch pieces. Core, then cut **pepper** into ½-inch pieces. Peel, then mince or grate **garlic**. Juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges. Roughly chop **parsley**. Add **mayo**, **sour cream**, **1 tbsp lemon juice** (dbl for 4 ppl) and ¼ **tsp garlic** to a small bowl. (NOTE: Reference garlic guide.) Season with **salt** and **pepper**, then whisk until smooth. Set aside.



Roast veggies

Add **zucchini**, **peppers**, **1 tbsp oil** (dbl for 4 ppl) and **half the Shawarma Spice Blend** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **top** of the oven until **veggies** are tendercrisp, 12-14 min.



Bake meatballs

Meanwhile, add beef, breadcrumbs, remaining Shawarma Spice Blend and 1/4 tsp salt (dbl for 4 ppl) to a large bowl. Season with pepper, then combine. (TIP: If you prefer a firmer meatball, add an egg to the mixture!) Roll mixture into 8 equal-sized meatballs (16 for 4 ppl). Transfer meatballs to a foil-lined baking sheet. Bake in the middle of the oven until golden-brown and cooked through, 10-12 min.**

If you've opted for **double beef**, add an extra 1/4 **tsp salt** (dbl for 4 ppl) to the **beef mixture**. (TIP: For 4 ppl, if you prefer a firmer meatball, add 2 eggs to the mixture!) Roll **mixture** into **16 equal-sized meatballs** (32 for 4 ppl).



Cook couscous

Meanwhile, heat a medium pot over mediumhigh heat. When hot, add ½ tbsp oil (dbl for 4 ppl), then couscous. Cook, stirring often, until couscous is slightly golden, 2-3 min. Add 2 cups water and 1 tsp salt (dbl both for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to mediumlow. Simmer, still covered, until couscous is tender, 6-8 min. Drain and return couscous to the same pot, off heat.



Finish couscous

Add **roasted veggies** and **parsley** to the pot with **couscous**. Season with **salt** and **pepper**, then stir to combine.



Finish and serve

Divide **couscous** between bowls. Top with **meatballs** and sprinkle with **feta**. Dollop **toum** on top. Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!

^{*} Pantry items

^{**} Cook to a minimum internal temperature of 74°C/165°F.