



# Smart Olive-Stuffed Meatballs with Roasted Veggies

Carb Smart

Calorie Smart

35 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	4 tbsp	8 tbsp
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 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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



## Prep

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



## Roast meatballs

Arrange **meatballs** on another parchment-lined baking sheet. Roast in the **top** of the oven until cooked through, 12-14 min.\*\*



## Roast veggies

Add **carrots, peppers, onions, 1 tsp Shawarma Spice Blend** and **1 tbsp oil** (dbl both for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, stirring halfway through, until golden-brown, 14-16 min.



## Mix hummus sauce

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



## Prep meatballs

While **veggies** roast, add **beef, panko, half the parsley, remaining Shawarma Spice Blend** and **¼ 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!) 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 **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 **olive-stuffed meatballs**. Drizzle **hummus sauce** over top.

## Dinner Solved!