



Smart Olive-Stuffed Meatballs

with Roasted Veggies

Calorie Smart

Carb Smart

35 Minutes



Ground Beef



Mixed Olives



Zucchini



Yellow Onion



Shawarma Spice Blend



Hummus



Mayonnaise



Parsley



Panko Breadcrumbs



Arugula and Spinach Mix



Sweet Bell Pepper



White Wine Vinegar

HELLO MIXED OLIVES

This mix of kalamata and green olives is a fantastic flavour bomb!

Start here

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

Bust out

2 Baking sheets, 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
Zucchini	200 g	400 g
Yellow 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

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Prep

- Peel, then quarter **onion**. Separate **onion petals**.
- Core, then cut **pepper** into ½-inch pieces.
- Cut **zucchini** into ½-inch rounds.
- 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 **zucchini, 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

- Meanwhile, 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

- Meanwhile, 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 **one 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!