



Smart Olive-Stuffed Meatballs

with Roasted Veggies

Carb Smart

Calorie Smart

35 Minutes



Ground Beef



Mixed Olives



Carrot



Yellow Onion



Shawarma Spice Blend



Hummus



Mayonnaise



Parsley



Panko Breadcrumbs



Sweet Bell Pepper



White Wine Vinegar



Baby Spinach



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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, vegetable peeler

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Mixed Olives	30 g	60 g
Carrot	170 g	340 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
Sweet Bell Pepper	160 g	320 g
White Wine Vinegar	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
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.

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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**.
- Drain, then cut **olives** in half.



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

- 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. (**TIP:** If you prefer a more tender meatball, add an egg to the mixture!) Season with **pepper**, then combine.
- Form **beef mixture** into **8 equal-sized patties** (16 for 4 ppl).
- Add **olive halves** 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 **spinach** and **roasted veggies** between bowls. Top with **olive-stuffed meatballs**.
- Drizzle **hummus sauce** over top.

Dinner Solved!