



Spiced Beef and Hummus Bowls

with Zucchini, Couscous and Feta

Quick

25 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to double the beef, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Ground Beef



Double Ground Beef



Couscous



Zucchini



Baby Tomatoes



Parsley



Lemon



Shawarma Spice Blend



Feta Cheese, crumbled



Hummus



Garlic Salt

HELLO TABBOULEH

Tabbouleh is a Levantine salad made with finely chopped herbs (like parsley), chopped tomatoes and couscous or bulgur!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, zester, medium pot, large bowl, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
Couscous	½ cup	1 cup
Zucchini	400 g	800 g
Baby Tomatoes	113 g	227 g
Parsley	7 g	14 g
Lemon	1	2
Shawarma Spice Blend	1 tbsp	2 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Hummus	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Sugar*	½ tsp	1 tsp
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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1



Prep and marinate tomatoes

- Cut **zucchini** in half lengthwise, then into ¼-inch-thick half-moons.
- Halve **tomatoes**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Roughly chop or tear **parsley**.
- Add **tomatoes, lemon juice, half the parsley, ½ tsp sugar** and **2 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then toss to combine.

4



Cook beef

- Heat the same pan over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Add **Shawarma Spice Blend**. Cook, stirring often, until fragrant, 30 sec. Season with **salt** and **pepper**, to taste.

If you've opted for **double beef**, add **1 tbsp oil** (dbl for 4 ppl) to the pan, then add **beef**. Follow the recipe instructions for cooking the **beef**.

2



Cook couscous

- Add **¾ cup water** (dbl for 4 ppl) and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine, then cover and let stand until **couscous** is tender and **liquid** is absorbed, 5 min.

5



Make hummus drizzle

- Meanwhile, add **hummus, lemon zest** and **2 tbsp warm water** (dbl for 4 ppl) to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

3



Cook zucchini

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **zucchini**. Season with **remaining garlic salt** and **pepper**.
- Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Transfer **zucchini** to the large bowl with **tomatoes**.

6



Finish and serve

- Fluff **couscous** with a fork. Add **couscous** to the bowl with **tomatoes and zucchini**, then stir to combine.
- Divide **couscous tabbouleh** between bowls. Top with **beef**.
- Drizzle **hummus** over **beef**. Sprinkle with **feta** and **remaining parsley**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!