



# Sumac Meatballs and Crisp Cucumber Salad with Sultana Couscous

Quick

30 Minutes



Ground Beef



Mini Cucumber



Red Onion



Dill



Sumac



Panko Breadcrumbs



Couscous



Garlic Puree



White Wine Vinegar



Sultana Raisins



Carrot, julienned

## HELLO SUMAC

*A beautiful wine-coloured spice with a lemony citrus zing, made from the dried berries of the sumac bush!*

## Start here

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

## Bust Out

Baking sheet, medium bowl, measuring spoons, medium pot, large bowl, parchment paper, measuring cups, whisk

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Mini Cucumber	132 g	264 g
Red Onion	56 g	113 g
Dill	7 g	14 g
Sumac	1 tsp	2 tsp
Panko Breadcrumbs	¼ cup	½ cup
Couscous	½ cup	1 cup
Garlic Puree	1 tbsp	2 tbsp
White Wine Vinegar	2 tbsp	4 tbsp
Sultana Raisins	28 g	56 g
Carrot, julienned	56 g	113 g
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ 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 our meal kit labels for the most current allergen 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

Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl). Slice the **cucumber** into ¼-inch rounds. Roughly chop the **dill**.



## 4 Marinate cucumbers

Whisk together **vinegar, dill, remaining garlic puree, ¼ tsp sugar** and **2 tbsp oil** (dbl both for 4 ppl) in a medium bowl. Add the **cucumbers, carrots** and **onions**. Season with **salt** and **pepper**, then toss to coat.



## 2 Make meatballs

Combine **beef, panko, sumac, ¼ tsp garlic puree** and **¼ tsp salt** (dbl both for 4 ppl) in a large bowl. Season with **pepper**. Form **beef mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Add **meatballs** to a parchment-lined baking sheet. Bake in the **top** of the oven, until cooked through, 12-14 min. \*\*



## 5 Finish and serve

Fluff the **couscous** with a fork, then season with **salt**. Divide the **couscous** between bowls. Top with the **sumac meatballs** and **marinated cucumber salad**.

## Dinner Solved!



## 3 Cook couscous

While the **meatballs** bake, add **¾ cup water** and **1 tbsp butter** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, remove pot from heat, then add **couscous** and **raisins**. Stir to combine. Cover and let stand for 5 min.