









# Carb Smart Beef Koftas


with Veggie Hash and Garlic Hummus

Smart Meal














20 Minutes

 Swap	 Double	 Double
		
Ground Turkey 250 g   500 g	Beyond Meat® 2   4	Ground Beef 500 g   1000 g

 Customized Protein  Add  Swap or  Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca) 



-  Ground Beef  
250 g | 500 g
-  Hummus  
4 tbsp | 8 tbsp
-  Carrot  
1 | 2
-  Sweet Bell Pepper  
1 | 2
-  Parsley  
7 g | 14 g
-  Dukkah Spice  
1 tbsp | 2 tbsp
-  Zucchini  
1 | 2
-  Garlic, cloves  
2 | 4
-  Mayonnaise  
2 tbsp | 4 tbsp
-  Panko Breadcrumbs  
¼ cup | ½ cup
-  Feta Cheese, crumbled  
¼ cup | ½ cup
-  Tahini Sauce  
2 tbsp | 2 tbsp
-  Couscous  
¼ cup | ½ cup

**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.

Pantry items | Salt, pepper, oil

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, parchment paper, small bowl, vegetable peeler

1



## Prep and cook couscous

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Add **½ cup** (1 cup) **water** and **⅛ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat. Once boiling, remove from heat, then add **half the couscous** (all for 4 ppl).
- Stir to combine. Cover and let stand for 5 min. When **couscous** is tender, fluff with a fork.
- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **carrot** into ½-inch rounds.

4



## Cook veggie hash

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp oil**, then **zucchini** and **peppers**. (NOTE: For 4 ppl, cook in 2 batches, using 1 tbsp oil per batch.)
- Season with **salt**.
- Cook, stirring often, until **veggies** are tender-crisp, 6-8 min.

2



## Make koftas

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

\*2 Double | **Ground Beef**

- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Add **beef**, **Dukkah Spice**, **panko**, **half the garlic**, **half the parsley** and **¼ tsp** (½ tsp) **salt** to a medium bowl.
- Season with **pepper**, then combine.
- Roll **beef mixture** into six 2-inch logs (12 logs for 4 ppl).

5



## Mix garlic hummus

- Meanwhile, add **hummus**, **half the tahini sauce** (use all for 4 ppl), **mayo**, **2 tsp** (4 tsp) **water** and **remaining garlic** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

3



## Roast koftas and carrots

- Arrange **koftas** on one side of a parchment-lined baking sheet.
- Add **carrots** and **1 tbsp** (2 tbsp) **oil** to the other side of the baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven until **carrots** are golden-brown and **koftas** are cooked through, 12-16 min.\*\*

6



## Finish and serve

- Fluff **couscous** with a fork. Season with **salt** and **pepper**.
- Divide, **couscous**, **veggie hash** and **roasted carrots** between plates, then top with **beef koftas**.
- Spoon **garlic hummus** over top.
- Sprinkle with **feta** and **remaining parsley**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Make koftas

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, prepare, cook and plate it in the same way the recipe instructs you to prepare, cook and plate the **beef**\*\*.

## 2 | Make Beyond Meat® koftas

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way the recipe instructs you to prepare, cook and plate the **beef**\*\*.

## 2 | Make koftas

\*2 Double | **Ground Beef**

If you've opted for **double beef**, add an extra **¼ tsp** (½ tsp) **salt** to the **beef mixture**. Roll **mixture** into 12 (24) 2-inch-long logs.

\*\* Cook to a minimum internal temperature of 74°C/165°F.