

Carb Smart Beef Koftas

with Veggie Hash and Garlic Hummus

Smart Meal

20 Minutes





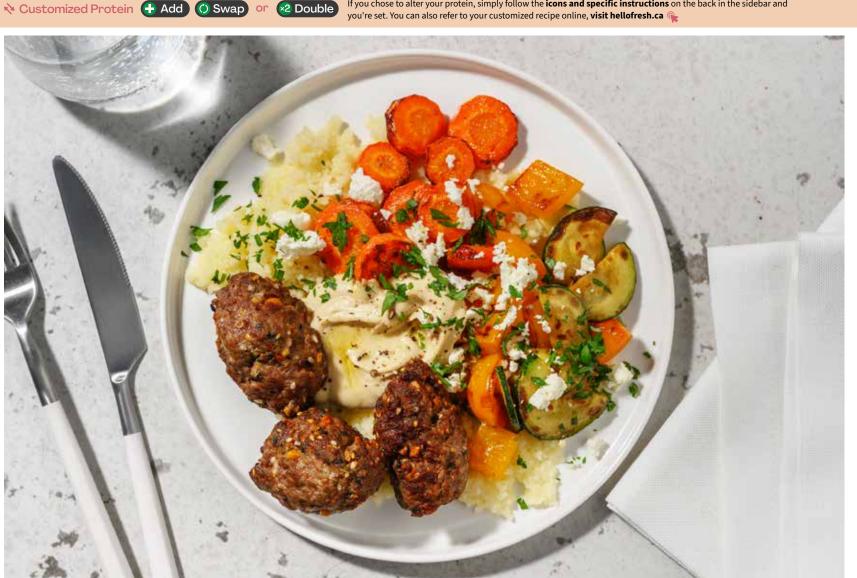


If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and



Meat®

500 g | 1000 g





Ground Beef





250 g | 500 g





Sweet Bell





Carrot









7 g | 14 g















Mayonnaise



Breadcrumbs





¼ cup | ½ cup





crumbled ¼ cup | ½ cup



2 tbsp | 2 tbsp





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



Prep and cook couscous

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Add ½ cup (1 cup) water and ½ 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 4ppl).
- 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 1/4-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut carrot into ½-inch rounds.



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 1/4 tsp (1/2 tsp) salt to a medium bowl.
- Season with pepper, then combine.
- Roll beef mixture into six 2-inch logs (12 logs) for 4 ppl).



Roast koftas and carrots

- Arrange **koftas** on one side of a parchmentlined 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.**



2 | Make Beyond Meat® 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

O 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.**

1 tbsp

oil

Ingredient

4 person

2 | Make koftas

Measurements

2 | Make koftas

within steps

the beef.**

2 Double | Ground Beef

If you've opted for **double beef**, add an extra 1/4 tsp (1/2 tsp) salt to the beef mixture. Roll mixture into 12 (24) 2-inch-long logs.



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 tendercrisp, 6-8 min.



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.



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.