



Smart Beef Kibbeh-Style Patties

with Bulgur, Fresh Salad and Hummus Drizzle

Smart Meal

30 Minutes



Ground Pork 250 g 500 g	Beyond Meat® 2 4	Ground Beef 500 g 1000 g
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Customized Protein

+ Add

Swap

or

*2 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



Bulgur Wheat
½ cup | 1 cup



Hummus
4 tbsp | 8 tbsp



Mayonnaise
1 tbsp | 2 tbsp



Parsley
7 g | 14 g



Mini Cucumber
1 | 2



Tomato
1 | 2



Lemon
½ | 1



Spring Mix
28 g | 56 g



Shawarma Spice Blend
1 tbsp | 2 tbsp

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.

1



Cook bulgur

• Before starting, wash and dry all produce.

- Add $\frac{3}{4}$ cup (1 cup) **water** and $\frac{1}{2}$ tsp (1 tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, stir in **bulgur** until **water** returns to a boil. Cover and remove from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 12-15 min.

2



Prep

- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl).
- Cut **cucumber** into $\frac{1}{4}$ -inch half-moons.
- Cut **tomato** into $\frac{1}{4}$ -inch pieces.
- Roughly chop **parsley**.
- Add **hummus, mayo, $\frac{1}{2}$ tbsp (1 tbsp) water and $\frac{1}{2}$ tbsp (1 tbsp) lemon juice** to a small bowl. Season with **salt** and **pepper**, then whisk to combine. Set aside.
- In a medium bowl, add **remaining lemon juice** and $\frac{1}{2}$ **tbsp (1 tbsp) oil**. (TIP: Add a pinch of sugar to dressing, if desired.) Whisk to combine, then season with **salt** and **pepper**. Set aside.

3



Make salad

- Add **tomato, spring mix** and **cucumbers** to the large bowl with **lemon dressing**.
- Toss to combine.

4



Make 'kibbeh'

Swap | Ground Pork

Swap | Beyond Meat®

×2 Double | Ground Beef

- Once **bulgur** is tender, add **3 tbsp (6 tbsp) cooked bulgur, ground beef, Shawarma Spice Blend, $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) salt, $\frac{1}{8}$ tsp ($\frac{1}{4}$ tsp) pepper** and **half the parsley** to a large bowl, then combine.
- Roll **mixture** into **4 (8) equal-sized patties**.

5



Cook 'kibbeh'

- Heat a large non-stick pan over medium heat.
- When hot, add $\frac{1}{2}$ **tbsp (1 tbsp) oil**, then **patties**. (NOTE: Don't overcrowd the pan; cook patties in 2 batches if needed, using 1 tbsp oil per batch.) Cook until browned and cooked through, 3-4 min per side.**

6



Finish and serve

- Fluff **remaining bulgur** with a fork.
- Add **lemon zest** and **remaining parsley** to the pot with **bulgur**. Stir to combine.
- Divide **bulgur** and **salad** between plates.
- Top with **kibbeh**.
- Drizzle over **lemony hummus sauce**.

4 | Make 'kibbeh'

Swap | Ground Pork

If you've opted to get **pork**, prep and cook it in the same way the recipe instructs you to prep and cook the **beef**.**

4 | Make Beyond Meat® 'kibbeh'

Swap | Beyond Meat®

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

4 | Make 'kibbeh'

×2 Double | Ground Beef

If you've opted for **double beef**, add an extra $\frac{1}{4}$ **tsp ($\frac{1}{2}$ tsp) salt** to the **beef mixture**. Roll **mixture** into **16 (32) equal-sized meatballs**.