

Carb Smart Middle Eastern-Inspired Beef Koftas

with Feta and Cucumber Salad

Smart Meal

25 Minutes





Customized Protein Add







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 🦫











250 g | 500 g

113 g | 227 g



Baby Tomatoes



Mini Cucumber

1 | 2

113 g | 227 g











4 tbsp | 8 tbsp

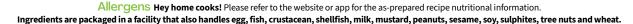
Breadcrumbs 2 tbsp | 4 tbsp



Shawarma Spice Blend 1 tbsp | 2 tbsp



Fig Spread 2 tbsp | 2 tbsp



Cooking utensils | Baking sheet, large bowl, measuring spoons, medium bowl, parchment paper, small bowl, whisk, zester



Prep

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Halve tomatoes.
- Thinly slice cucumbers.
- Zest, then juice half the lemon. Cut remaining lemon into wedges.



Form koftas

🗘 Swap | Ground Turkey

O Swap | Beyond Meat®

- Line a baking sheet with parchment paper.
- Add breadcrumbs, Shawarma Spice Blend, half the feta and beef to a medium bowl. Season with **pepper**, then combine.
- Roll mixture into six 2-x1-inch logs (12 logs) for 4 ppl).



Roast koftas

- Arrange koftas on the prepared baking sheet.
- Roast in the **middle** of the oven, until goldenbrown and cooked through, 13-15 min.**



2 | Form Beyond Meat® koftas

Swap | Ground Turkey

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook

1 tbsp

2 person

4 person

oil

Ingredient

O Swap | Beyond Meat®

Measurements

2 | Form koftas

within steps

the beef.**

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.**



Make salad

- Add half the fig spread (use all for 4 ppl), 1/8 tsp (1/4 tsp) sugar, 1 tsp (2 tsp) lemon juice and 1 tbsp (2 tbsp) oil to a large bowl.
- Season with salt and pepper, then whisk to combine.
- Add spring mix, cucumbers and tomatoes, then toss to combine.



Finish and serve

- Add lemon zest, mayo, ½ tsp (1 tsp) lemon **juice** and **1 tsp** (2 tsp) water to a small bowl.
- Season with salt and pepper, then whisk to combine.
- Divide koftas and salad between plates.
- Sprinkle salad with remaining feta.
- Drizzle lemon-mayo sauce over koftas.
- Squeeze a lemon wedge over top, if desired.