

# HELLO Carb Smart Middle Eastern-Style Beef Bowls

with Creamy Hummus Dressing

Smart Meal

25 Minutes











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

Hummus 4 tbsp | 8 tbsp





Mixed Olives 30 g | 60 g



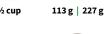






Spring Mix

Breadcrumbs 1/4 cup | 1/2 cup









Blend 1 tbsp | 2 tbsp

Mayonnaise 2 tbsp | 4 tbsp





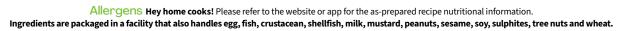
Tomato 2 | 4





White Wine Vinegar 2 tbsp | 4 tbsp

Garlic, cloves 2 | 4



Cooking utensils | Baking sheet, 2 large bowls, measuring spoons, medium bowl, parchment paper, small bowl, small pot, strainer, vegetable peeler, whisk



# Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then halve carrot lengthwise. Cut into 1/4-inch half-moons.
- Peel, halve, then thinly slice onion.
- Cut tomato into 1/2-inch pieces.
- Drain, then roughly chop olives.
- Peel, then mince or grate garlic.



### Form meatballs

🗘 Swap | Ground Turkey

### 🗘 Swap | Beyond Meat®

- Combine beef, panko, Shawarma Spice Blend, half the garlic and ¼ tsp (½ tsp) salt in a large bowl. (TIP: If you prefer a more tender meatball, add an egg to mixture.)
- Roll mixture into 8 equal-sized meatballs (16 meatballs for 4 ppl).



# Roast carrots and meatballs

- Add carrots and 1 tbsp (2 tbsp) oil to one side of a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Arrange meatballs on the other side of baking sheet.
- Roast in the middle of the oven until carrots are golden-brown and **meatballs** are cooked through, 10-12 min.\*\*



# 2 | Form Beyond Meat® meatballs

O Swap | Ground Turkey

Measurements

2 | Form meatballs

prep and cook the beef.\*\*

within steps

#### 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**.\*\* Disregard tip to add an **egg** to mixture.

1 tbsp

2 person

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

oil

Ingredient



### Pickle onions

- Meanwhile, add onions, vinegar, 2 tbsp (4 tbsp) water and 2 tsp (4 tsp) sugar to a small pot.
- · Season with salt. Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until sugar dissolves, 1-2 min.
- Remove from heat. Transfer onions, including **pickling liquid**, to a medium bowl.



# Make creamy hummus dressing and salad

- Add mayo, hummus, ¼ tsp (½ tsp) garlic and 2 tsp (4 tsp) water to a small bowl.
- Season with **salt** and **pepper**, then stir to combine. Set aside.
- Whisk together ½ tbsp (1 tbsp) pickling liquid and 1/2 tbsp (1 tbsp) oil in another large bowl.
- Add spring mix and tomatoes, then toss to combine.



# Finish and serve

- Divide **salad** between plates, then top with olives, carrots, meatballs and pickled onions.
- Drizzle creamy hummus dressing over top.