














Beef Kofta Tray Bake











with Orzo and Lemony Hummus Sauce

Family Friendly 25-35 Minutes

 Swap	 Swap	 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
-  Shawarma Spice Blend
1 tbsp | 2 tbsp
-  Zucchini
1 | 2
-  Sweet Bell Pepper
1 | 2
-  Lemon
1 | 2
-  Panko Breadcrumbs
1/3 cup | 1/2 cup
-  Red Onion
1 | 1
-  Orzo
170 g | 340 g
-  Hummus
4 tbsp | 8 tbsp
-  Garlic Salt
1 tsp | 2 tsp
-  Mayonnaise
2 tbsp | 4 tbsp
-  Garlic, cloves
1 | 2
-  Vegetable Stock Powder
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.

Pantry items | Unsalted butter, pepper, oil, salt

Cooking utensils | Baking sheet, box grater, measuring cups, measuring spoons, medium bowl, medium pot, parchment paper, small bowl, strainer, zester

1



Prep

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

- Add **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, core, then cut **pepper** into 1-inch pieces.
- Peel, then grate **half the onion**. Cut **remaining onion** into ½-inch pieces.
- Cut **zucchini** into ½-inch rounds.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.

4



Cook orzo

- Meanwhile, add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **1 tbsp (2 tbsp) pasta water**, then drain and return **orzo** to the same pot, off heat.

2



Make koftas

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

*2 Double | **Ground Beef**

- Add **beef, panko, grated onions, half the garlic, half the garlic salt** and **half the Shawarma Spice Blend** to a medium bowl.
- Season with **pepper**, then combine.
- Roll **mixture** into **6 (12) oval logs**.

3



Bake veggies and koftas

- Add **peppers, zucchini, diced onions, remaining Shawarma Spice Blend** and **1 tbsp (2 tbsp) oil** to a parchment-lined baking sheet.
- Season with **remaining garlic salt**, then toss to combine.
- Arrange **veggies** in a single layer. Place **koftas** on top of **veggies**.
- Bake in the **middle** of the oven until **veggies** are tender and **koftas** are cooked through, 14-20 min.**

6



Finish and serve

- Divide **orzo** between plates. Top with **veggies, koftas** and **lemony hummus sauce**.
- Squeeze a **lemon wedge** over top, if desired.

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**, cook it in the same way the recipe instructs you to cook the **beef****.

2 | Make Beyond Meat® koftas

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, crumble **Beyond Meat® patties** into the bowl before combining with the other ingredients. Cook it the same way the recipe instructs you to cook 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**. Form into **12 (24) oval logs**.

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