



# Carb Smart Middle Eastern-Style Beef Bowls

## with Creamy Hummus Dressing

Smart Meal 25 Minutes

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)

|                                |                       |
|--------------------------------|-----------------------|
| <b>↻</b> Swap                  | <b>↻</b> Swap         |
|                                |                       |
| Ground Chicken*<br>250g   500g | Beyond Meat®<br>2   4 |



|   |                               |
|---|-------------------------------|
|   |                               |
| Ground Beef<br>250 g   500 g            | Hummus<br>4 tbsp   8 tbsp     |
|   |                               |
| Mixed Olives<br>30 g   60 g             | Carrot<br>1   2               |
|   |                               |
| Panko Breadcrumbs<br>1/2 cup   1/2 cup  | Spring Mix<br>113 g   227 g   |
|   |                               |
| Shawarma Spice Blend<br>1 tbsp   2 tbsp | Mayonnaise<br>2 tbsp   4 tbsp |
|   |                               |
| Tomato<br>2   4                         | Yellow Onion<br>1   2         |
|   |                               |
| White Wine Vinegar<br>2 tbsp   4 tbsp   | Garlic, cloves<br>2   4       |

**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** | Sugar, pepper, salt, oil

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

1



## Prep

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

- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Peel, halve, then thinly slice **onion**.
- Cut **tomato** into ½-inch pieces.
- Drain, then roughly chop **olives**.
- Peel, then mince or grate **garlic**.

2



## Form meatballs

Swap | **Ground Chicken**

Swap | **Beyond Meat®**

- Combine **beef**, **half the panko** (use all for 4 ppl), **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** (16) **equal-sized meatballs**.

3



## 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 the baking sheet.
- Roast in the **middle** of the oven until **carrots** are golden-brown and **meatballs** are cooked through, 10-12 min.\*\*

4



## 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.

5



## Make 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 **½ tbsp** (1 tbsp) **oil** in another large bowl.
- Add **spring mix** and **tomatoes**, then toss to combine.

6



## Finish and serve

- Drain **pickled onion** and discard remaining pickling liquid.
- Divide **salad** between plates, then top with **olives**, **carrots**, **meatballs** and **pickled onions**.
- Drizzle **creamy hummus dressing** over top.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Form meatballs

Swap | **Ground Chicken**

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

## 2 | Form Beyond Meat® meatballs

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare and cook it the same way the recipe instructs you to prepare and cook the **beef**\*\* Disregard tip to add an egg to mixture.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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