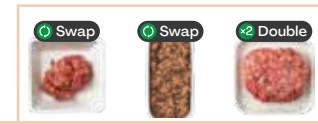




Shawarma-Inspired Beef Meatballs

with Roasted Veggie Couscous and Feta Cheese

35 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)

Ground Turkey 250 g | 500 g Plant-Based Ground Protein 250 g | 500 g Ground Beef 500 g | 1000 g



- Ground Beef 250 g | 500 g
- Pearl Couscous ¾ cup | 1 ½ cup
- Shawarma Spice Blend 1 tbsp | 2 tbsp
- Garlic, cloves 1 | 2
- Zucchini 1 | 2
- Sweet Bell Pepper 1 | 2
- Parsley 7 g | 14 g
- Mayonnaise 4 tbsp | 8 tbsp
- Lemon 1 | 1
- Feta Cheese, crumbled ¼ cup | ½ cup
- Italian Breadcrumbs 2 tbsp | 4 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 | Salt, oil, pepper

Cooking utensils | Aluminum foil, 2 baking sheets, large bowl, measuring cups, measuring spoons, medium pot, small bowl, strainer, whisk

1



Prep and roast veggies

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- **Garlic Guide for Step 4:**
 - Mild: ¼ tsp (½ tsp)
 - Medium: ½ tsp (1 tsp)
 - Extra: 1 tsp (2 tsp)

- Cut **zucchini** into ½-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Add **zucchini, peppers, 1 tbsp** (2 tbsp) **oil** and **half the Shawarma Spice Blend** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast **veggies** in the **top** of the oven until tender-crisp, 12-14 min.

4



Make toum

- Meanwhile, peel, then mince or grate **garlic**.
- Juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Roughly chop **parsley**.
- Add **mayo, 2 tsp** (4 tsp) **lemon juice** and **¼ tsp** (½ tsp) **garlic** to a small bowl. (NOTE: Reference garlic guide.)
- Season with **salt** and **pepper**, then whisk until smooth. Set aside.

2



Form and roast meatballs

- 🔄 Swap | **Ground Turkey**
- 🔄 Swap | **Plant-Based Ground Protein**
- *2 Double | **Ground Beef**

- Meanwhile, line another baking sheet with foil.
- Add **beef, breadcrumbs, remaining Shawarma Spice Blend** and **¼ tsp** (½ tsp) **salt** to a large bowl. Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).
- Transfer **meatballs** to the prepared baking sheet. Roast in the **middle** of the oven, until golden-brown and cooked through, 10-12 min. **

5



Finish couscous

- Drain and return **couscous** to the same pot, off heat.
- Add **roasted veggies** and **parsley** to the pot with **couscous**. Season with **salt** and **pepper**, then stir to combine.

3



Start couscous

- Meanwhile, heat a medium pot over medium-high heat.
- When hot, add **couscous**. Cook, stirring often, until **couscous** is slightly golden, 2-3 min.
- Add **2 cups** (4 cups) **water** and **1 tsp** (2 tsp) **salt**. Cover and bring to a boil over high.
- Once boiling, reduce heat to medium-low. Simmer, still covered, until **couscous** is tender, 6-8 min.

6



Finish and serve

- Divide **roasted veggie couscous** between bowls. Top with **meatballs** and sprinkle with **feta**.
- Dollop **toum** on top.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

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

2 | Form and roast meatballs

🔄 Swap | **Ground Turkey**

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

2 | Form and roast meatballs

🔄 Swap | **Plant-Based Ground Protein**

If you've opted to get **plant-based ground protein**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef**. **

2 | Form and roast meatballs

*2 Double | **Ground Beef**

If you've opted for **double beef**, cook it in the same way the recipe instructs you to cook the **regular portion of beef**. Work in batches, if necessary.

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