

Smart Olive-Stuffed Meatballs

with Roasted Veggies

Smart Meal

35 Minutes











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 降







Ground Beef



250 g | 500 g



Mixed Olives 30 g | 60 g



Carrot



Yellow Onion

1 | 2





Shawarma Spice Blend



1 tbsp | 2 tbsp

Hummus 4 tbsp | 8 tbsp



Mayonnaise



2 tbsp | 4 tbsp





Breadcrumbs 1/4 cup | 1/2 cup



Pepper 1 | 2

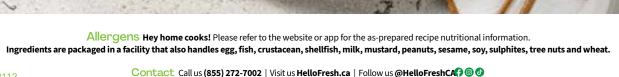


White Wine Vinegar 1 tbsp | 2 tbsp

Ingredient quantities



Spring Mix 56 g | 113 g



Cooking utensils | 2 baking sheet, large bowl, measuring spoons, parchment paper, small bowl, strainer, vegetable peeler, whisk



Prep

- Before starting, preheat the oven to 425°F.
- · Wash and dry all produce.
- Peel, then quarter **onion**. Separate **onion** petals.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut carrot into 1/2-inch coins.
- Roughly chop parsley.
- Drain, then cut olives in half.



Roast veggies

- Add carrots, peppers, onions, 1 tsp (2 tsp) Shawarma Spice Blend and 1 tbsp (2 tbsp) oil to a parchment-lined baking sheet. Season with salt and pepper, then toss to combine.
- Roast in the middle of the oven, stirring halfway through, until golden-brown, 14-16 min.



Prep meatballs

🗘 Swap | Ground Turkey

O Swap | Beyond Meat®

- Add beef, panko, half the parsley, remaining Shawarma Spice Blend and 1/4 tsp (1/2 tsp) salt to a large bowl. (TIP: If you prefer a more tender meatball, add an egg to the mixture.) Season with **pepper**, then combine.
- Form beef mixture into 8 equal-sized patties (16 patties for 4 ppl).
- Add one olive half to the middle of each patty, then shape and press patty firmly around olive, fully enclosing it to create a ball. Repeat until all meatballs are formed.



Roast meatballs

- Arrange meatballs on another parchmentlined baking sheet.
- Roast in the top of the oven until cooked through, 12-14 min.**



Mix hummus sauce

- Meanwhile, add mayo, hummus, vinegar, 1 tbsp (2 tbsp) water and remaining parsley to a small bowl.
- Season with salt and pepper, then whisk to combine.



Finish and serve

- Divide spring mix and roasted veggies between bowls. Top with olive-stuffed meatballs.
- Drizzle **hummus sauce** over top.

Measurements within steps

1 tbsp 2 person

oil

3 | Prep turkey meatballs

O 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.**

3 | Prep 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.