



Smart Olive-Stuffed Meatballs with Roasted Veggies

Smart Meal 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)



- Swap** Ground Turkey 250 g | 500 g
- Swap** Beyond Meat® 2 | 4
- Ground Beef 250 g | 500 g
- Mixed Olives 30 g | 60 g
- Carrot 1 | 2
- Yellow Onion 1 | 2
- Shawarma Spice Blend 1 tbsp | 2 tbsp
- Hummus 4 tbsp | 8 tbsp
- Mayonnaise 2 tbsp | 4 tbsp
- Parsley 7 g | 14 g
- Panko Breadcrumbs ¼ cup | ½ cup
- Sweet Bell Pepper 1 | 2
- White Wine Vinegar 1 tbsp | 2 tbsp
- Spring Mix 56 g | 113 g

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, pepper, oil

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

1



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 ½-inch coins.
- Roughly chop **parsley**.
- Drain, then cut **olives** in half.

2



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.

3



Prep meatballs

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Add **beef, panko, half the parsley, remaining Shawarma Spice Blend** and **¼ tsp (½ 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.

4



Roast meatballs

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

5



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.

6



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

3 | Prep turkey 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****

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**.

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