

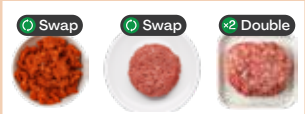


Carb Smart Middle Eastern-Inspired Beef Koftas

with Feta and Cucumber Salad

Smart Meal

25 Minutes













Chorizo Sausage, uncased 250 g | 500 g Beyond Meat® 2 | 4 Ground Beef 500 g | 1000 g

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 Beef
250 g | 500 g
-  Spring Mix
113 g | 227 g
-  Baby Tomatoes
113 g | 227 g
-  Mini Cucumber
1 | 2
-  Lemon
1 | 2
-  Feta Cheese, crumbled
½ cup | 1 cup
-  Mayonnaise
4 tbsp | 8 tbsp
-  Italian Breadcrumbs
2 tbsp | 4 tbsp
-  Shawarma Spice Blend
1 tbsp | 2 tbsp
-  Fig Spread
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 | Sugar, oil, salt, pepper

Cooking utensils | Baking sheet, large bowl, measuring spoons, medium bowl, parchment paper, small bowl, whisk, zester

1



Prep

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

- Halve **tomatoes**.
- Thinly slice **cucumbers**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.

4



Make salad

- Add **half the fig spread** (use all for 4 ppl), **1/8 tsp** (1/4 tsp) **sugar**, **1 tsp** (2 tsp) **lemon juice** and **1 tbsp** (2 tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Add **spring mix**, **cucumbers** and **tomatoes**, then toss to combine.

2



Form koftas

🔄 Swap | **Chorizo Sausage, uncased**

🔄 Swap | **Beyond Meat®**

×2 Double | **Ground Beef**

- Line a baking sheet with parchment paper.
- Add **breadcrumbs**, **Shawarma Spice Blend**, **half the feta** and **beef** to a medium bowl. Season with **pepper**, then combine.
- Roll **mixture** into **six 2-inch x 1-inch logs** (12 logs for 4 ppl).

5



Finish and serve

- Add **lemon zest**, **mayo**, **1/2 tsp** (1 tsp) **lemon juice** and **1 tsp** (2 tsp) **water** to a small bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Divide **koftas** and **salad** between plates.
- Sprinkle **salad** with **remaining feta**.
- Drizzle **lemon-mayo sauce** over **koftas**.
- Squeeze a **lemon wedge** over top, if desired.

3



Roast koftas

- Arrange **koftas** on the prepared baking sheet.
- Roast in the **middle** of the oven, until golden-brown and cooked through, 13-15 min. **

Measurements
within steps

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

2 | Form koftas

🔄 Swap | **Chorizo Sausage, uncased**

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

2 | Form koftas

🔄 Swap | **Beyond Meat®**

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

2 | Form koftas

×2 Double | **Ground Beef**

If you've opted for **double beef**, add an extra **1/4 tsp** (1/2 tsp) **salt** to the **beef mixture**. Roll **mixture** into **12** (24) **2-inch x 1-inch logs**.