



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)



- | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   |   |
| Ground Turkey
250 g 500 g | Beyond Meat®
2 4 |
|  |  |
| Ground Beef
250 g 500 g | Hummus
4 tbsp 8 tbsp |
|  |  |
| Mixed Olives
30 g 60 g | Carrot
1 2 |
|  |  |
| Panko Breadcrumbs
¼ cup ½ cup | Spring Mix
113 g 227 g |
|  |  |
| Shawarma Spice Blend
1 tbsp 2 tbsp | Mayonnaise
2 tbsp 4 tbsp |
|  |  |
| Tomato
2 4 | Yellow Onion
1 2 |
|  |  |
| White Wine Vinegar
2 tbsp 4 tbsp | Garlic, cloves
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 Turkey**

🔄 Swap | **Beyond Meat®**

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

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 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 creamy 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

- 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 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 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.