

HELLO Carb Smart Middle Eastern-Style Beef Bowls

with Creamy Hummus Dressing

Smart Meal

25 Minutes





Customized Protein Add Add

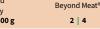






If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫







Ground Beef





250 g | 500 g







Mixed Olives 30 g | 60 g

1 | 2





Breadcrumbs 1/4 cup | 1/2 cup

Spring Mix 113 g | 227 g





Shawarma Spice

Mayonnaise

Blend 1 tbsp | 2 tbsp

2 tbsp | 4 tbsp









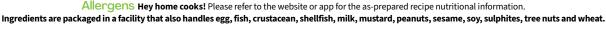




White Wine Vinegar 2 tbsp | 4 tbsp



Garlic, cloves 2 | 4



Cooking utensils | Baking sheet, 2 large bowls, measuring spoons, medium bowl, parchment paper, small bowl, small pot, strainer, vegetable peeler, whisk



Prep

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Peel, then halve carrot lengthwise. Cut into 1/4-inch half-moons.
- Peel, halve, then thinly slice onion.
- Cut tomato into 1/2-inch pieces.
- Drain, then roughly chop olives.
- Peel, then mince or grate garlic.



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).



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.**





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.



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 1/2 tbsp (1 tbsp) oil in another large bowl.
- Add spring mix and tomatoes, then toss to combine.



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 person

oil 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

O 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.