

HELLO Shawarma-Inspired Beef Meatballs with Posted Veggio Coursely and Feta Chasse

with Roasted Veggie Couscous and Feta Cheese

35 Minutes





Customized Protein Add



🚫 Swap)

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 🎥



500 g | 1000 g



Ground Beef



250 g | 500 g

Pearl Couscous 3/4 cup | 1 1/2 cups



Shawarma Spice Blend



Garlic, cloves

1 tbsp | 2 tbsp











Parsley



7 g | 14 g



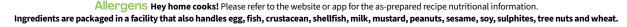


Breadcrumbs 2 tbsp | 4 tbsp



Creamy Dressing

86 ml | 172 ml



Cooking utensils | Aluminum foil, 2 baking sheets, large bowl, measuring cups, measuring spoons, medium pot, small bowl, strainer, whisk



Prep and roast veggies

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Garlic Guide for Step 4:
 - Mild: ¼ tsp (½ tsp) Medium: ½ tsp (1 tsp)
 - Extra: 1 tsp (2 tsp)
- Cut **zucchini** into ½-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Add zucchini, peppers, 1 tbsp (2 tbsp) oil and half the Shawarma Spice Blend to an unlined baking sheet. Season with salt and pepper, then toss to combine.
- Roast **veggies** in the **top** of the oven until tender-crisp, 12-14 min.



Form and roast meatballs

🗘 Swap | Ground Turkey

😢 Double | Ground Beef

- Meanwhile, line another baking sheet with foil.
- Add beef, breadcrumbs, remaining
 Shawarma Spice Blend and ¼ tsp (½ tsp)
 salt to a large bowl. Season with pepper,
 then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).
- Transfer meatballs to the prepared baking sheet. Roast in the middle of the oven, until golden-brown and cooked through, 10-12 min.**



Start couscous

- Meanwhile, heat a medium pot over mediumhigh heat.
- When hot, add **couscous**. Cook, stirring often, until **couscous** is slightly golden, 2-3 min.
- Add 2 cups (4 cups) water and 1 tsp (2 tsp)
 salt. Cover and bring to a boil over high.
- Once boiling, reduce heat to medium-low.
 Simmer, still covered, until couscous is tender, 6-8 min.



Make toum

- Meanwhile, peel, then mince or grate garlic.
- Roughly chop parsley.
- Add creamy dressing and ¼ tsp (½ tsp) garlic to a small bowl. (NOTE: Reference garlic guide.)
- Season with **salt** and **pepper**, then whisk until smooth. Set aside.



Finish couscous

- Drain and return couscous to the same pot, off heat.
- Add roasted veggies and parsley to the pot with couscous. Season with salt and pepper, then stir to combine.



Finish and serve

- Divide roasted veggie couscous between bowls. Top with meatballs and sprinkle with feta.
- Drizzle creamy dressing over top.

Measurements within steps 1 tbsp (2 tbsp)

oil

2 | Form and roast 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 and roast meatballs

😡 Double | Ground Beef

If you've opted for **double ground beef**, cook it in the same way the recipe instructs you to cook the **regular portion of ground beef**. Work in batches, if necessary.