

HELLO Smart Beef Kibbeh-Style Patties with Bulgur Fresh Salad and Hummus Drizzle

with Bulgur, Fresh Salad and Hummus Drizzle

Smart Meal

30 Minutes











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 降



500 g | 1000 g



Ground Beef 250 g | 500 g



Bulgur Wheat 1/2 cup | 1 cup





4 tbsp | 8 tbsp







7 g | 14 g











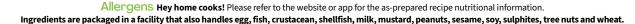
Spring Mix



Shawarma Spice Blend

28 g | 56 g

1 tbsp | 2 tbsp



Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, small bowl, whisk, zester



Cook bulgur

- Before starting, wash and dry all produce.
- Add 3/3 cup (1 cup) water and 1/2 tsp (1 tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- · Once boiling, stir in bulgur until water returns to a boil. Cover and remove from heat.
- Let stand until bulgur is tender and liquid is absorbed, 12-15 min.



Prep

- Meanwhile, zest, then juice half the lemon (whole lemon for 4 ppl).
- Cut cucumber into 1/4-inch half-moons.
- Cut tomato into ¼-inch pieces.
- Roughly chop parsley.
- Add hummus, mayo, ½ tbsp (1 tbsp) water and 1/2 tbsp (1 tbsp) lemon juice to a small bowl. Season with **salt** and **pepper**, then whisk to combine. Set aside.
- In a medium bowl, add remaining lemon juice and ½ tbsp (1 tbsp) oil. (TIP: Add a pinch of sugar to dressing, if desired.) Whisk to combine, then season with salt and pepper. Set aside.



Make salad

- Add tomtato, spring mix and cucumbers to the large bowl with lemon dressing.
- Toss to combine.



Make 'kibbeh'

🗘 Swap | Ground Pork

🔘 Swap | Beyond Meat®

2 Double | Ground Beef

- Once bulgur is tender, add 3 tbsp (6 tbsp) cooked bulgur, ground beef, Shawarma Spice Blend, ¼ tsp (½ tsp) salt, ½ tsp (1/4 tsp) pepper and half the parsley to a large bowl, then combine.
- Roll mixture into 4 (8) equal-sized patties.



Cook 'kibbeh'

- Heat a large non-stick pan over medium heat.
- When hot, add ½ tbsp (1 tbsp) oil, then patties. (NOTE: Don't overcrowd the pan; cook patties in 2 batches if needed, using 1 tbsp oil per batch.) Cook until browned and cooked through, 3-4 min per side.**



Finish and serve

- Fluff remaining bulgur with a fork.
- Add lemon zest and remaining parsley to the pot with **bulgur**. Stir to combine.
- Divide **bulgur** and **salad** between plates.
- Top with kibbeh.
- Drizzle over lemony hummus sauce.

Measurements within steps

1 tbsp (2 tbsp) 2 person 4 person

oil

Ingredient

4 | Make 'kibbeh'

O Swap | Ground Pork

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

4 | Make Beyond Meat® 'kibbeh'

O 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.**

4 | Make 'kibbeh'

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 16 (32) equal-sized meatballs.