

Carb Smart Middle Eastern-Inspired Beef Koftas

with Feta and Radish Salad

Smart Meal

25 Minutes







Customized Protein 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 🦫





500 g | 1000 g



Ground Beef



250 g | 500 g 113 g | 227 g

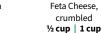


Baby Tomatoes 113 g | 227 g



3 | 6







Mayonnaise



4 tbsp | 8 tbsp

2 tbsp | 4 tbsp



Shawarma Spice Blend 1 tbsp | 2 tbsp



Fig Spread

1 tbsp | 2 tbsp



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



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Halve tomatoes.
- Thinly slice radishes.
- Zest, then juice half the lemon. Cut remaining lemon into wedges.



Form koftas

- 🗘 Swap | Ground Turkey
- 🗘 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).



- Arrange koftas on the prepared baking sheet.
- brown and cooked through, 13-15 min.**



Roast koftas

· Roast in the middle of the oven, until golden-🔘 Swap | Beyond Meat®

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

2 | Form koftas

Measurements

2 | Form koftas

Swap | Ground Turkey

prep and cook the beef.**

2 | Form koftas

within steps

1 tbsp

2 person

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

4 person

oil

Ingredient

2 Double | Ground Beef

to prep and cook the 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 twelve 2-inch x 1-inch logs (24 logs for 4 ppl).



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, radishes and tomatoes, then toss to combine.



Finish and serve

- Add lemon zest, mayo, ½ 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.