









# Carb Smart Middle Eastern-Inspired Beef Koftas

## with Feta and Radish Salad

Smart Meal











25 Minutes

 Swap	 Swap	 Double
		
Ground Turkey 250 g   500 g	Beyond Meat® 2   4	Ground Beef 500 g   1000 g

 Customized Protein  Add  Swap or  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 Beef 250 g   500 g	Spring Mix 113 g   227 g
	
Baby Tomatoes 113 g   227 g	Radish 3   6
	
Lemon 1   2	Feta Cheese, crumbled ½ cup   1 cup
	
Mayonnaise 4 tbsp   8 tbsp	Italian Breadcrumbs 2 tbsp   4 tbsp
	
Shawarma Spice Blend 1 tbsp   2 tbsp	Fig Spread 1 tbsp   2 tbsp

**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.

**Ingredient quantities** 56 g | 113 g  
2 person | 4 person

**Pantry items** | Sugar, oil, salt, pepper

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

1



## 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.

4



## 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.

2



## 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).

5



## Finish and serve

- Add **lemon zest**, **mayo**, **1/2 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.

3



## Roast koftas

- Arrange **koftas** on the prepared baking sheet.
- Roast in the **middle** of the oven, until golden-brown and cooked through, 13-15 min. \*\*

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Form koftas

🔄 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 koftas

🔄 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**. \*\*

## 2 | Form koftas

×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 **twelve 2-inch x 1-inch logs** (24 logs for 4 ppl).