



Shawarma-Inspired Beef Meatballs

with Roasted Veggie Couscous and Feta Cheese

Family Friendly

30-40 Minutes

Customized Protein

+ Add

Swap

or

x2 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](http://www.hellofresh.ca)

Swap



Ground Turkey
250 g | 500 g

Double



Ground Beef
500 g | 1000 g



Ground Beef
250 g | 500 g



Pearl Couscous
¼ cup | 1 ½ cups



Shawarma Spice Blend
1 tbsp | 2 tbsp



Garlic, cloves
1 | 2



Zucchini
1 | 2



Sweet Bell Pepper
1 | 2



Parsley
7 g | 14 g



Feta Cheese, crumbled
¼ cup | ½ cup



Italian Breadcrumbs
2 tbsp | 4 tbsp



Mayonnaise
4 tbsp | 8 tbsp



Lemon
1 | 2



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.

Pantry items | Salt, oil, pepper

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

1



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.

4



Make toum

- Juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Roughly chop **parsley**.
- Add mayo, **2 tsp** (4 tsp) **lemon juice** 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.

2



Form and roast meatballs

- ◉ **Swap** | **Ground Turkey**
- ✖2 **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 (16) equal-sized **meatballs**.
- Transfer **meatballs** to the prepared baking sheet. Roast in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**

5



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.

3



Start couscous

- Meanwhile, heat a medium pot over medium-high 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 heat.
- Once boiling, reduce heat to medium-low. Simmer, still covered, until **couscous** is tender, 6-8 min.

6



Finish and serve

- Divide **roasted veggie couscous** between bowls. Top with **meatballs** and sprinkle with **feta**.
- Dollop **toum** on top.
- Squeeze a **lemon wedge** over top, if desired.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Form and roast meatballs

- ◉ **Swap** | **Ground Turkey**

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

2 | Form and roast meatballs

- ✖2 **Double** | **Ground Beef**

If you've opted for **double beef**, add an extra **¼ tsp** (½ tsp) **salt** to the **beef mixture**. Roll **mixture** into 16 (32) equal-sized **meatballs**.

** Cook to a minimum internal temperature of 74°C/165°F.