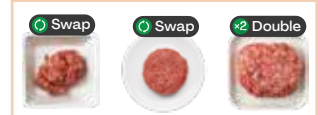




Beef Kofta Tray Bake

with Orzo and Lemony Hummus Sauce

Family Friendly 30 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](https://www.hellofresh.ca)


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





- 


Ground Beef
250 g | 500 g
- 


Shawarma Spice Blend
1 tbsp | 2 tbsp
- 


Zucchini
1 | 2
- 


Sweet Bell Pepper
1 | 2
- 


Lemon
1 | 2
- 


Panko Breadcrumbs
1/3 cup | 2/3 cup
- 


Red Onion
1 | 1
- 

Orzo
170 g | 340 g
- 

Hummus
4 tbsp | 8 tbsp
- 

Garlic Salt
1 tsp | 2 tsp
- 

Mayonnaise
2 tbsp | 4 tbsp
- 

Garlic, cloves
1 | 2
- 

Vegetable Stock Powder
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 | Unsalted butter, pepper, oil, salt

Cooking utensils | Baking sheet, box grater, measuring cups, measuring spoons, medium bowl, medium pot, parchment paper, small bowl, strainer, zester

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Add **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, core, then cut **pepper** into 1-inch pieces.
- Peel, then grate **half the onion**. Cut **remaining onion** into ½-inch pieces.
- Cut **zucchini** into ½-inch rounds.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.

4



Cook orzo

- Meanwhile, add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **1 tbsp (2 tbsp) pasta water**, then drain and return **orzo** to the same pot, off heat.

2



Make koftas

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

×2 Double | **Ground Beef**

- Add **beef, panko, grated onions, half the garlic, half the garlic salt** and **half the Shawarma Spice Blend** to a medium bowl.
- Season with **pepper**, then combine.
- Roll **mixture** into 6 (12) oval logs.

5



Finish orzo and make sauce

- Add **vegetable stock powder, 1 tsp (2 tsp) lemon zest, ½ tbsp (1 tbsp) lemon juice, 2 tbsp (4 tbsp) butter** and **reserved pasta water** to the pot with **orzo**. Stir to combine. Set aside.
- Stir together **hummus, mayo, remaining lemon juice** and **remaining garlic** in a small bowl.

3



Bake veggies and koftas

- Add **peppers, zucchini, diced onions, remaining Shawarma Spice Blend** and **1 tbsp (2 tbsp) oil** to a parchment-lined baking sheet.
- Season with **remaining garlic salt**, then toss to combine.
- Arrange **veggies** in a single layer. Place **koftas** on top of **veggies**.
- Bake in the **middle** of the oven until **veggies** are tender and **koftas** are cooked through, 14-20 min.**

6



Finish and serve

- Divide **orzo** between plates. Top with **veggies, koftas** and **lemony hummus sauce**.
- 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 | Make koftas

🔄 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 | Make Beyond Meat® koftas

🔄 Swap | **Beyond Meat®**

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

2 | Make koftas

×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 12 (24) oval logs.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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