



Beef Koftas and Pepper Pilaf

with Warm Feta Dip

35 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)



Swap



Ground Turkey

250 g | 500 g

Swap



Beyond Meat®

2 | 4



Ground Beef

250 g | 500 g



Shawarma Spice Blend

1 tbsp | 2 tbsp



Panko Breadcrumbs

1/3 cup | 1/2 cup



Feta Cheese, crumbled

1/4 cup | 1/2 cup



Cream Cheese

1 | 2



Baby Spinach

56 g | 113 g



Sweet Bell Pepper

1 | 2



Parboiled Rice

3/4 cup | 1 1/2 cups



White Wine Vinegar

1 tbsp | 2 tbsp



Garlic Puree

1 tbsp | 2 tbsp



Chicken Broth Concentrate

1 | 2



Tomato

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 | Pepper, salt, oil, sugar, unsalted butter

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

1



Cook pilaf

- Before starting, wash and dry all produce.

- Core, then cut **peppers** into ¼-inch pieces.
- Add **rice, peppers, half the garlic puree, broth concentrate, 1 ¼ cups** (2 ½ cups) **water, 1 tbsp** (2 tbsp) **butter** and ½ **tsp** (1 tsp) **salt** to a medium pot. Season with **pepper**, to taste, then stir to combine. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min.
- Remove the pot from heat. Set aside, still covered.

4



Make feta dip

- Meanwhile, heat a small pot over medium heat. Add **cream cheese, feta, remaining garlic puree** and **2 tbsp** (4 tbsp) **water**.
- Warm **mixture**, stirring often, until **cream cheese** melts and **mixture** reduces slightly, 3-4 min. Season with **salt** and **pepper**, to taste.
- Remove from heat.

2



Prep

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

- Cut **tomato** into ½-inch pieces.
- Add **beef, Shawarma Spice Blend, panko, half the remaining garlic puree** and ¼ **tsp salt** to a medium bowl. Season with **pepper**, then combine.
- Form **mixture** into **6 equal-sized, ½-inch-thick oval patties** (12 for 4 ppl).

5



Make salad

- Add **vinegar, 1 ½ tbsp** (3 tbsp) **oil** and ¼ **tsp** (½ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.
- Add **spinach** and **tomatoes**, then toss to combine.

3



Cook koftas

- Heat a large non-stick pan over medium heat.
- When the pan is hot, add ½ **tbsp** (1 tbsp) **oil**, then **patties**. (**NOTE:** Don't overcrowd the pan; cook koftas in 2 batches, using ½ tbsp oil per batch, if needed.) Pan-fry until golden-brown and cooked through, 3-5 min per side.**

6



Finish and serve

- Divide **pilaf** and **salad** between plates.
- Top **pilaf** with **koftas**.
- Serve **feta dip** alongside.

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 | Prep

🔄 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 | Prep

🔄 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 the **beef**.**