



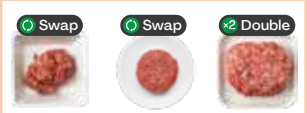
Sheet Pan Beef Koftas

with Orzo and Lemony Hummus Sauce

Family Friendly

Protein Plus

30-40 Minutes



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

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)



- 
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
 1/2 cup | 3/4 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-serving | 4-serving

Pantry items | 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.

- To a medium pot, add **6 cups water** and **1 tsp salt** (use same for 4 servings). 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, to the **boiling water**, add **orzo**. Cook for 8-10 min, stirring occasionally, until tender but still firm to the bite.
- Reserve **1 tbsp** (2 tbsp) **pasta water**.
- Strain **orzo**, then return to the pot, off heat.

2



Make koftas

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

*2 Double | **Ground Beef**

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

5



Finish orzo and make sauce

- To the pot with **orzo**, 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**. Stir to combine. Set aside.
- In a small bowl, stir together **hummus, mayo, remaining lemon juice** and **remaining garlic**.

3



Bake veggies and koftas

- To a parchment-lined baking sheet, add **peppers, zucchini, diced onions, remaining Shawarma Spice Blend** and **1 tbsp** (2 tbsp) **oil**.
- 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 for 14-20 min, until **veggies** are tender and **koftas** are cooked through.**

6



Finish and serve

- Divide **orzo** between plates. Top with **veggies, koftas** and **lemony hummus sauce**.
- Squeeze a **lemon wedge** over top, if you like.

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

For 6 servings

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 the **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 into 12 (24) oval logs.

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