



Carb Smart Beef Koftas

with Veggie Hash and Garlic Hummus

Smart Meal

20 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 250 g 500 g	Hummus 4 tbsp 8 tbsp
	
Carrot 1 2	Sweet Bell Pepper 1 2
	
Parsley 7 g 14 g	Dukkah Spice 1 tbsp 2 tbsp
	
Zucchini 1 2	Garlic, cloves 2 4
	
Mayonnaise 2 tbsp 4 tbsp	Panko Breadcrumbs 1/3 cup 1/2 cup
	
Feta Cheese, crumbled 1/4 cup 1/2 cup	Tahini Sauce 1 tbsp 2 tbsp
	
Couscous 1/4 cup 1/2 cup	

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 | Salt, pepper, oil

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, parchment paper, small bowl, vegetable peeler

1



Prep and cook couscous

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

- To a medium pot, add **½ cup** (1 cup) **water** and **¼ tsp** (¼ tsp) **salt**. Cover and bring to a boil over high heat. Once boiling, remove from heat, then add **half the couscous** (use all for 4 servings).
- Stir to combine. Cover and let stand for 5 min. When **couscous** is tender, fluff with a fork.
- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **carrot** into ½-inch rounds.

4



Cook veggie hash

- Meanwhile, heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp oil**, then **zucchini** and **peppers**. (**NOTE:** For 4 servings, cook in 2 batches, using 1 tbsp oil per batch.)
- Season with **salt**.
- Cook for 6-8 min, stirring often, until **veggies** are tender-crisp.

2



Make koftas

Swap | Ground Turkey

Swap | Beyond Meat®

- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- To a medium bowl, add **beef**, **Dukkah Spice**, **panko**, **half the garlic**, **half the parsley** and **¼ tsp** (½ tsp) **salt**.
- Season with **pepper**, then combine.
- Roll **beef mixture** into **6** (12) **2-inch logs**.

5



Mix garlic hummus

- To a small bowl, add **hummus**, **half the tahini sauce** (use all for 4 servings), **mayo**, **2 tsp** (4 tsp) **water** and **remaining garlic**.
- Season with **salt** and **pepper**, then stir to combine.

3



Roast koftas and carrots

- On one side of a parchment-lined baking sheet, arrange **koftas**.
- To the other side of the baking sheet, add **carrots** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven for 12-16 min, until **carrots** are tender and **koftas** are cooked through.**

6



Finish and serve

- Fluff **couscous** with a fork. Season with **salt** and **pepper**.
- Divide **couscous**, **veggie hash** and **roasted carrots** between plates, then top with **beef koftas**.
- Spoon **garlic hummus** over top.
- Sprinkle with **feta** and **remaining parsley**.

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 in the same way the recipe instructs you to prep and cook the **beef****

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