

HELLO Carb Smart Beef Koftas with Vaggio Hash and Garlie Hummus

with Veggie Hash and Garlic Hummus

Smart Meal

20 Minutes





Customized Protein Add Swap







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 🎥









Ground Beef



Sweet Bell Pepper

250 g | 500 g



















Zucchini















Feta Cheese. crumbled ¼ cup | ½ cup

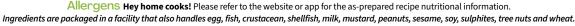


Tahini Sauce 1 tbsp | 2 tbsp



1/4 cup | 1/2 cup





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



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 1/4 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 1/4-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **carrot** into ½-inch rounds.



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 1/4 tsp (1/2 tsp) salt.
- Season with pepper, then combine.
- Roll beef mixture into 6 (12) 2-inch logs.



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.**



2 | Make Beyond Meat® koftas

If you've opted to get **turkey**, prep and cook in

the same way the recipe instructs you to prep

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

oil

O Swap | Beyond Meat®

Swap | Ground Turkey

Measurements

visual and temperature cues.

2 | Make koftas

and cook the beef.**

within steps

For 6 servings

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 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.



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.



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**.