

# HELLO Shawarma-Inspired Beef Meatballs with Posted Veggie Couscous and Feta Cheese

with Roasted Veggie Couscous and Feta Cheese

Family Friendly 35-45 Minutes











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 🎥











Garlic, cloves

Pepper 1 | 2

250 g | 500 g

**Pearl Couscous** 34 cup | 1 1/2 cups













Zucchini







7 g | 14 g



Breadcrumbs 2 tbsp | 4 tbsp



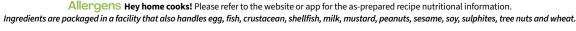
Feta Cheese,

Mayonnaise





Lemon 1 | 2





Cooking utensils | Aluminum foil, 2 baking sheets, large bowl, measuring cups, measuring spoons, medium pot, small bowl, strainer, whisk



# Prep and roast veggies

- Before starting, preheat the oven to 425°F.
- · Wash and dry all produce.
- Cut zucchini into ½-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- To an unlined baking sheet, add zucchini, peppers, 1 tbsp (2 tbsp) oil and half the Shawarma Spice Blend. Season with salt and **pepper**, then toss to combine.
- Roast veggies in the top of the oven for 12-14 min, until tender-crisp.



# Form and roast meatballs

🗘 Swap | Ground Turkey

# 🗘 Swap | Beyond Meat®

- Meanwhile, line another baking sheet with foil.
- To a large bowl, add beef, breadcrumbs, remaining Shawarma Spice Blend and 1/4 tsp (1/2 tsp) salt. Season with pepper, then combine.
- Roll mixture into 8 (16) equal-sized meatballs.
- On the prepared baking sheet, arrange meatballs. Roast in the middle of the oven for 10-12 min, until browned and cooked through.\*\*



# Start couscous

- Meanwhile, heat a medium pot over medium-high.
- When hot, add couscous. Cook for 2-3 min, stirring often, until couscous is slightly golden.
- Add **2 cups** (4 cups) **water** and **1 tsp** (2 tsp) salt. Cover and bring to a boil over high.
- Once boiling, reduce heat to medium-low. Simmer for 6-8 min, still covered, until couscous is tender.



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

the same way the recipe instructs you to prep

2 | Roast Beyond Meat® meatballs

2 | Form and roast meatballs

Swap | Ground Turkey

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®

Measurements

visual and temperature cues.

and cook the beef.\*\*

within steps

For 6 servings

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



### Make toum

- Juice half the lemon (whole lemon for 4 servings). Cut **remaining lemon** into wedges.
- · Roughly chop parsley.
- To a small bowl, add mayo, 2 tsp (4 tsp) lemon juice and 1/4 tsp (1/2 tsp) garlic. (Like things spicy? Add more garlic!)
- Season with salt and pepper, then whisk until smooth. Set aside.



# Finish couscous

- Drain and return couscous to the same pot, off heat.
- To the pot with couscous, add roasted veggies and parsley. Season with salt and pepper, then stir to combine.



# Finish and serve

- Divide roasted veggie couscous between bowls. Top with **meatballs** and sprinkle with feta.
- Dollop **toum** over top.
- Squeeze a **lemon wedge** over top, if you like.

- 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 165°F.