



# Beef Kofta Tray Bake

with Couscous and Lemony Hummus Sauce

Family Friendly

35 Minutes



-  Ground Beef
-  Ground Lamb
-  Shawarma Spice Blend
-  Zucchini
-  Sweet Bell Pepper
-  Lemon
-  Panko Breadcrumbs
-  Red Onion
-  Pearl Couscous
-  Hummus
-  Garlic Salt
-  Garlic, cloves
-  Mayonnaise



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set. Happy cooking!

HELLO PEARL COUSCOUS

Little pearl-shaped pasta that cooks in no time!


## Start here

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

## Bust out

Baking sheet, medium bowl, measuring spoons, strainer, zester, box grater, medium pot, parchment paper, small bowl, measuring cups

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
 Ground Lamb	250 g	500 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Lemon	1	2
Panko Breadcrumbs	¼ cup	½ cup
Red Onion	113 g	113 g
Pearl Couscous	¾ cup	1 ½ cups
Hummus	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Garlic, cloves	1	2
Mayonnaise	2 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## 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.*

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## Prep

Add **6 cups water** and **1 tsp salt** (use same for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, 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 **lemon**. Peel, then mince or grate **garlic**.



## Cook couscous

While **veggies** and **koftas** bake, add **couscous** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 6-8 min. Reserve **2 tbsp pasta water** (dbl for 4 ppl), then drain and return **couscous** to the same pot, off heat.



## Make koftas

Add **beef**, **panko**, **grated onion**, **half the garlic**, **half the garlic salt** and **half the Shawarma Spice Blend** to a medium bowl. Season with **pepper**, then combine. Roll **mixture** into **six 2x1-inch logs** (12 for 4 ppl).



## CUSTOM RECIPE

If you've opted to get **lamb**, cook and prepare it in the same way the recipe instructs you to cook the **beef**.



## Finish couscous and make sauce

Add **1 tsp lemon zest**, **1 tbsp lemon juice**, **1 tbsp butter** (dbl all for 4 ppl) and **reserved pasta water** to the medium pot with **couscous**. Stir to combine. Set aside. Stir together **hummus**, **mayo**, **remaining lemon juice** and **remaining garlic** in a small bowl.



## Bake veggies and koftas

Add **peppers**, **zucchini**, **remaining onions**, **remaining Shawarma Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **remaining garlic salt**, then toss to combine. Arrange **veggies** in an even layer. Place **koftas** on top of **veggies**. Bake in the **middle** of the oven until **veggies** are tender and **koftas** are cooked through, 12-16 min.\*\*



## Finish and serve

Divide **couscous** between plates. Top with **veggies**, **koftas** and **lemony hummus sauce**.

## Dinner Solved!