



Carb Smart Beef Koftas

with Veggie Hash and Garlic Hummus

Carb Smart 30 Minutes



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Ground Beef



Hummus



Carrot



Sweet Bell Pepper



Parsley



Dukkah Spice



Zucchini



Garlic, cloves



Mayonnaise



Panko Breadcrumbs



Feta Cheese,
crumbled

HELLO DUKKAH SPICE

This Egyptian seasoning is a savoury blend of seeds, nuts and warm spices!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, parchment paper, small bowl, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Hummus	4 tbsp	8 tbsp
Carrot	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Parsley	7 g	14 g
Dukkah Spice	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Garlic, cloves	2	4
Mayonnaise	2 tbsp	4 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Feta Cheese, crumbled	¼ cup	½ cup
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.



Prep

- 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.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.



Cook veggie hash

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



Make koftas

- Add **beef, Dukkah Spice, panko, half the garlic, half the parsley** and ¼ **tsp** (½ tsp) **salt** to a medium bowl. Season with **pepper**, then combine.
- Roll **mixture** into **six 2-inch logs** (12 logs for 4 ppl).



Mix garlic hummus

- Meanwhile, add **hummus, mayo, 2 tsp** (4 tsp) **water** and **remaining garlic** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.



Roast koftas

- Arrange **koftas** on one side of a parchment-lined baking sheet.
- Add **carrots** and **1 tbsp** (2 tbsp) **oil** to the other side of the baking sheet. Season **carrots** with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven until **carrots** are golden-brown and **koftas** are cooked through, 12-16 min.**



Finish and serve

- Divide **veggie hash** and **carrots** between plates, then top with **beef koftas**.
- Spoon **garlic hummus** over top.
- Sprinkle with **feta** and **remaining parsley**.

Dinner Solved!



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