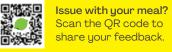


Carb Smart Beef Koftas

with Veggie Hash and Garlic Hummus

Carb Smart

20-min









Zucchini

Feta Cheese,

crumbled







Dukkah Spice



Garlic, cloves



Panko Breadcrumbs







Sweet Bell Pepper







Tahini Sauce

you're set. Happy cooking!

CUSTOM RECIPE This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and

HELLO DUKKAH SPICE

Start here

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

Measurements 1 tbsp (2 tbsp) oil ngredient

Bust out

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

Ingredients

9		
	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 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	⅓ cup	½ cup
Feta Cheese, crumbled	⅓ cup	½ cup
Tahini Sauce	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.



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.



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 beef mixture into six 2-inch logs (12 logs for 4 ppl).

If you've opted for **double beef**, add an **extra** ¼ **tsp** (½ tsp) **salt** to the **mixture**. Form into **twelve 2-inch logs** (24 logs for 4 ppl).



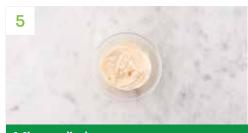
Roast koftas and carrots

- Arrange **koftas** on one side of a parchmentlined 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.**



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.



Mix garlic hummus

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



Finish and serve

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

Dinner Solved!

