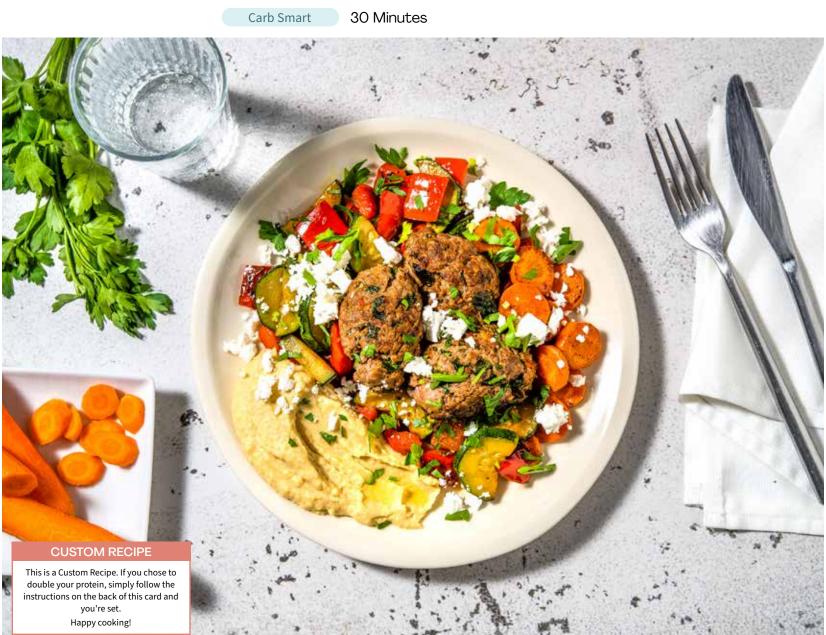


Carb Smart Beef Koftas

with Veggie Hash and Garlic Hummus













Hummus







Dukkah Spice



Garlic, cloves



Panko Breadcrumbs



Feta Cheese, crumbled

Start here

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

Measurements 1 tbsp (2 tbsp) oithin steps 2 person 4 person Ingree

Bust out

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

Ingredients

3		
	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 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	⅓ 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 1/4-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**, roll **mixture** into **six 3-inch logs** (12 logs for 4 ppl). Prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **beef**.



Roast koftas and carrots

- 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.**



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, 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!