



Carb Smart Middle Eastern-Inspired Beef Koftas

with Feta and Radish Salad

Carb Smart

30 Minutes



Ground Beef



Spring Mix



Roma Tomato



Radish



Lemon



Almonds, sliced



Feta Cheese, crumbled



Mayonnaise



Italian Breadcrumbs



Shawarma Spice Blend



Fig Spread

HELLO FETA CHEESE

A salty, briny cheese with a crumbly texture!

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, measuring spoons, zester, large bowl, parchment paper, small bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Spring Mix	113 g	227 g
Roma Tomato	80 g	160 g
Radish	3	6
Lemon	1	2
Almonds, sliced	28 g	56 g
Feta Cheese, crumbled	½ cup	1 cup
Mayonnaise	4 tbsp	8 tbsp
Italian Breadcrumbs	2 tbsp	4 tbsp
Shawarma Spice Blend	1 tbsp	2 tbsp
Fig Spread	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.

Contact

Call us | (855) 272-7002

HelloFresh.ca

    @HelloFreshCA



Prep

- Cut **tomato** into ¼-inch pieces.
- Thinly slice **radishes**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.



Toast almonds

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 4-5 min. (**TIP:** Keep your eye on almonds so they don't burn!)
- Remove from heat. Transfer **almonds** to a plate.



Form koftas

- Line a baking sheet with parchment paper.
- Add **breadcrumbs**, **Shawarma Spice Blend**, **half the feta** and **beef** to a medium bowl. Season with **pepper**, then combine.
- Roll **mixture** into **six 2x1-inch logs** (twelve logs for 4 ppl).



Make salad

- Add **half the fig spread** (use all for 4 ppl), **1 tsp** (2 tsp) **lemon juice** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **spring mix**, **radishes** and **tomatoes**, then toss to combine.



Roast koftas

- Arrange **koftas** on the prepared baking sheet.
- Roast in the **middle** of the oven, until golden-brown and cooked through, 13-15 min.**



Finish and serve

- Add **lemon zest**, **mayo**, **½ tsp** (1 tsp) **lemon juice** and **1 tsp** (2 tsp) **water** to a small bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.
- Divide **koftas** between plates. Serve **salad** alongside.
- Sprinkle **salad** with **almonds** and **remaining feta**.
- Drizzle **lemon mayo sauce** over **koftas**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!