



Carb Smart Middle Eastern-Inspired Beef Koftas

with Feta and Radish Salad

Carb Smart Quick 25 Minutes

Custom Recipe Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

*2 Double
Double Ground Beef
500 g | 1000 g



- Ground Beef
250 g | 500 g
- Spring Mix
113 g | 227 g
- Tomato
1 | 2
- Radish
3 | 6
- Lemon
1 | 2
- Feta Cheese, crumbled
1/2 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

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.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, medium bowl, measuring spoons, zester, large bowl, parchment paper, small bowl, whisk

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **tomato** into ¼-inch pieces.
- Thinly slice **radishes**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.

2



Form koftas

- ***2 Double | Ground Beef**
- 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** (12 logs for 4 ppl).

3



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.**

4



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.

5



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**, then whisk to combine.
- Divide **koftas** and **salad** between plates.
- Sprinkle **salad** with **remaining feta**.
- Drizzle **lemon-mayo sauce** over **koftas**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Form koftas

***2 Double | Ground Beef**

If you've opted for **double beef**, add an extra **¼ tsp** (½ tsp) **salt** to the **mixture**. Roll into **twelve 2x1-inch logs** (24 logs for 4 ppl).

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



Issue with your meal? Scan the QR code to share your feedback.