HELLO FRESH

Carb Smart Middle Eastern-Inspired Beef Koftas
with Feta and Radish Salad

Carb Smart   25 Minutes

⟳ Swap

Ground Pork
250 g | 500 g

Ground Beef
250 g | 500 g

Spring Mix
113 g | 227 g

Baby Tomatoes
113 g | 227 g

Radish
3 | 6

Lemon
1 | 2

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

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Ingredient quantities 56 g | 113 g
2 person   4 person

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.

- Halve **tomatoes**.
- Thinly slice **radishes**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.

2

Form koftas

🔄 Swap | Ground Pork

- 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.

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

2 | Form koftas

🔄 Swap | Ground Pork

If you've opted to get **pork**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef**.**