



# Carb Smart Middle Eastern-Style Beef Bowls

with Creamy Hummus Dressing

Carb Smart

30 Minutes



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- Ground Beef
- Double Ground Beef
- Hummus
- Mixed Olives
- Carrot
- Panko Breadcrumbs
- Spring Mix
- Shawarma Spice Blend
- Mayonnaise
- Roma Tomato
- Yellow Onion
- White Wine Vinegar
- Garlic, cloves

**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 you're set. Happy cooking!

**HELLO SHAWARMA SPICE BLEND**  
*Our Shawarma Spice Blend is a unique blend of smoky, sweet and delicious!*

## 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, vegetable peeler, measuring spoons, strainer, 2 large bowls, parchment paper, small pot, small bowl, whisk

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
Hummus	4 tbsp	8 tbsp
Mixed Olives	30 g	60 g
Carrot	170 g	340 g
Panko Breadcrumbs	¼ cup	½ cup
Spring Mix	113 g	227 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Roma Tomato	190 g	380 g
Yellow Onion	56 g	113 g
White Wine Vinegar	2 tbsp	4 tbsp
Garlic, cloves	2	4
Sugar*	2 tsp	4 tsp
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

- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Peel, halve, then thinly slice **half the onion** (whole onion for 4 ppl).
- Cut **tomato** into ½-inch pieces.
- Drain, then roughly chop **olives**.
- Peel, then mince or grate **garlic**.



### Pickle onions

- Meanwhile, add **onions, vinegar, 2 tbsp (4 tbsp) water** and **2 tsp (4 tsp) sugar** to a small pot. Season with **salt**. Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove from heat. Transfer **onions**, including **pickling liquid**, to a medium bowl.



### Form meatballs

- Combine **beef, panko, Shawarma Spice Blend, half the garlic** and **¼ tsp (½ tsp) salt** in a large bowl. (**TIP:** If you prefer a more tender meatball, add an egg to mixture!)
- Roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).

If you've opted for **double beef**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **beef**. Work in batches, if necessary.



### Make hummus dressing and salad

- Add **mayo, hummus, ¼ tsp (½ tsp) garlic** and **2 tsp (4 tsp) water** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.
- Whisk together **½ tbsp (1 tbsp) pickling liquid** and **½ tbsp (1 tbsp) oil** in another large bowl. Add **spring mix** and **tomatoes**, then toss to combine.



### Roast carrots and meatballs

- Add **carrots** and **1 tbsp (2 tbsp) oil** to one side of a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Arrange **meatballs** on the other side of baking sheet.
- Roast in the **middle** of the oven until **carrots** are golden-brown and **meatballs** are cooked through, 10-12 min.\*\*



### Finish and serve

- Divide **salad** between plates, then top with **olives, carrots, meatballs** and **pickled onions**.
- Drizzle **creamy hummus dressing** over top.

## Dinner Solved!



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