

HELLO Carb Smart Middle Eastern-Style Beef Bowls

with Creamy Hummus Dressing

Smart Meal

25 Minutes









×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 🎥











250 g | 500 g



Mixed Olives



1 | 2

30 g | 60 g



Panko Breadcrumbs ¼ cup | ½ cup



113 g | 227 g





1 tbsp | 2 tbsp

2 tbsp | 4 tbsp





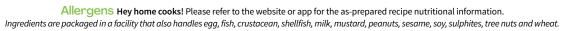




White Wine Vinega 2 tbsp | 4 tbsp



Garlic, cloves



Cooking utensils | Baking sheet, medium bowl, vegetable peeler, measuring spoons, strainer, 2 large bowls, parchment paper, small bowl, whisk



Prep

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Peel, then halve carrot lengthwise. Cut into ¼-inch half-moons.
- Peel, halve, then thinly slice **onion**.
- Cut tomato into ½-inch pieces.
- Drain, then roughly chop olives.
- Peel, then mince or grate garlic.



Form meatballs

😢 Double | Ground Beef

🗘 Swap | Protein Shreds

5

- Combine beef, panko,
 Shawarma Spice Blend, half the garlic and
 4 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).



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.**





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.



Finish and serve

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

Measurements within steps

2 person 4 person

p) oil

rson 4 person Ingredie

2 | Form meatballs

😢 Double | Ground Beef

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

2 | Cook protein shreds

Swap | Protein Shreds

If you've opted to get **protein shreds**, heat a large non-stick pan over medium heat. When hot add **1 tbsp** (2 tbsp) **oil**, then **shreds**, **Shawarma Spice Blend** and **half the garlic**. Cook stirring often until crispy, 4-5 min. Proceed with the recipe as written, disregarding instructions to roast meatballs.



- 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.

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