



Carb Smart Middle Eastern-Style Beef Bowls

with Creamy Hummus Dressing

Carb Smart

Quick

25 Minutes



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Ground Beef



Double Ground Beef



Hummus



Mixed Olives



Carrot



Panko Breadcrumbs



Spring Mix



Shawarma Spice Blend



Mayonnaise



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	1	2
Panko Breadcrumbs	¼ cup	½ cup
Spring Mix	113 g	227 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Tomato	2	4
Yellow Onion	1	2
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 **onion**.
- 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 the 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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