



Carb Smart Middle Eastern-Style Beef Bowls

with Creamy Hummus Dressing

Smart Meal 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	↻ Swap
Ground Beef 500 g 1000 g	Protein Shreds 200 g 400 g

Ground Beef 250 g 500 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

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, sugar, pepper

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

1



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**.

2



Form meatballs

×2 Double | Ground Beef

Swap | Protein Shreds

- 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).

3



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.**

4



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.

5



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.

6



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

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

2 | Form meatballs

×2 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.

** Cook beef and protein shreds to a minimum internal temperature of 74°C/165°F.



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