

HELLO Carb Smart Middle Eastern-Style Beef Bowls

with Creamy Hummus Dressing

Smart Meal

25 Minutes











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

Hummus 4 tbsp | 8 tbsp



Mixed Olives



Carrot

1 | 2

30 g | 60 g



Breadcrumbs



1/4 cup | 1/2 cup





Shawarma Spice 1 tbsp | 2 tbsp



Mayonnaise

2 tbsp | 4 tbsp





2 | 4

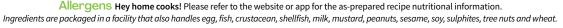




White Wine Vinegar 2 tbsp | 4 tbsp



Garlic, cloves 2 | 4



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 1/4-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

O Swap | Ground Pork

🔘 Swap | Beyond Meat®

- Combine beef, panko, Shawarma Spice Blend, half the garlic and 1/4 tsp (1/2 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.**



2 | Form Beyond Meat® meatballs

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

1 tbsp

(2 tbsp)

oil

Swap | Beyond Meat®

2 | Form pork meatballs

Swap | Ground Pork

Measurements

within steps

the beef.**

If you've opted to get Beyond Meat®, cook it in the same way the recipe instructs you to cook the beef.**



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.



Make creamy 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.

