



# Carb Smart Middle Eastern-Style Beef Bowls

## with Creamy Hummus Dressing

Smart Meal 25 Minutes

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<span>↻ Swap</span> 	<span>↻ Swap</span> 
Ground Pork 250 g   500 g	Beyond Meat® 2   4

 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.*

**Ingredient quantities** 56 g | 113 g  
2 person | 4 person

**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

Swap | **Ground Pork**

Swap | **Beyond Meat®**

- 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 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.

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

<b>1 tbsp</b>	<b>(2 tbsp)</b>	<b>oil</b>
2 person	4 person	Ingredient

## 2 | Form pork meatballs

Swap | **Ground Pork**

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

## 2 | Form Beyond Meat® meatballs

Swap | **Beyond Meat®**

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

\*\* Cook beef, pork and Beyond Meat® to a minimum internal temperature of 74°C/165°F.



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