



# Lebanese Beef and Feta Meatballs

with Zucchini, Tabbouleh and Hummus Drizzle

30 Minutes



Ground Beef



Couscous



Zucchini



Roma Tomato



Parsley



Lemon



Shawarma  
Spice Blend



Feta Cheese



Hummus



Panko Breadcrumbs

## HELLO TABBOULEH

*Tabbouleh is a Levantine salad made with finely chopped herbs (like parsley), chopped tomatoes and couscous or bulgur!*



## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust Out

Baking sheet, medium bowl, microplane/zester, measuring spoons, aluminum foil, medium pot, small bowl, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Couscous	½ cup	1 cup
Zucchini	400 g	800 g
Roma Tomato	80 g	160 g
Parsley	7 g	14 g
Lemon	1	1
Shawarma Spice Blend	1 tbsp	2 tbsp
Feta Cheese	¼ cup	½ cup
Hummus	57 g	114 g
Panko Breadcrumbs	¼ cup	½ cup
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



### 1

Prep  
Cut **zucchini** in half lengthwise, then into ½-inch thick half-moons. Cut **tomato** into ½-inch pieces. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Roughly chop the **parsley**.



### 4

**Cook zucchini**  
While **couscous** cooks, heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt and pepper**.



### 2

**Form meatballs**  
Combine **beef, breadcrumbs, Shawarma Spice Blend** and **feta** in a medium bowl. Season with **pepper**. Form **mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Arrange **meatballs** on a foil-lined baking sheet. Bake in the **middle** of the oven, until cooked through, 12-14 min.\*\*



### 5

**Make hummus drizzle**  
While **zucchini** cooks, stir together **hummus, half the lemon juice** and **1 tbsp water** (dbl for 4 ppl) in a small bowl. Season with **pepper**.



### 3

**Cook couscous**  
While **meatballs** cook, heat a medium pot over medium heat. When hot, add **1 tbsp butter** and ¾ **cup water** (dbl both for 4 ppl). Cover and bring to a boil over high heat. Remove pot from heat, stir in **couscous**, then cover and let stand, until tender and **liquid** is absorbed, 5-6 min.



### 6

**Finish and serve**  
Fluff **couscous** with a fork. Stir in **tomatoes, lemon zest, remaining lemon juice** and **parsley**. Season with **salt and pepper**. Divide **couscous tabbouleh** between bowls. Top with **zucchini** and **meatballs**. Drizzle with **hummus** and squeeze over a **lemon wedge**, if desired.

Dinner Solved!