



Lebanese Beef and Feta Meatballs

with Zucchini, Tabbouleh and Hummus Drizzle

Quick

30 Minutes



Ground Beef



Couscous



Zucchini



Baby Tomatoes



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, large bowl, 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
Baby Tomatoes	227 g	454 g
Parsley	7 g	14 g
Lemon	1	2
Shawarma Spice Blend	1 tbsp	2 tbsp
Feta Cheese	¼ cup	½ cup
Hummus	57 g	114 g
Panko Breadcrumbs	¼ cup	½ cup
Sugar*	½ tsp	1 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 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



Prep and marinate tomatoes

Cut **zucchini** in half lengthwise, then into ½-inch thick half-moons. Halve **tomatoes**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Roughly chop or tear **parsley**. Add **tomatoes, lemon juice, half the parsley, ½ tsp sugar** and **2 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then toss to combine.



Cook zucchini

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



Form meatballs

Combine **beef, panko, Shawarma Spice Blend** and **1 tbsp water** (dbl for 4 ppl) in a medium bowl. Add **feta** and season with **pepper**. Form **mixture** into **12 equal-sized meatballs** (24 for 4 ppl). (**TIP**: If you prefer a firmer meatball, add an egg to the mixture!) Arrange **meatballs** on a foil-lined baking sheet. Bake in the **middle** of the oven, until cooked through, 10-12 min.**



Make hummus drizzle

While **zucchini** cooks, add **hummus, lemon zest** and **2 tbsp water** (dbl for 4 ppl) to a small bowl. Season with **pepper**, then stir to combine.



Cook couscous

While **meatballs** cook, add **⅔ cup water** and **⅛ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, remove pot from heat, then add **couscous**. Stir to combine, then cover and let stand for 5 min, until **couscous** is tender and **liquid** is absorbed.



Finish and serve

Fluff **couscous** with a fork. Add **couscous** to the large bowl with **veggies**, then stir to combine. Divide **couscous tabbouleh** between bowls. Top with **meatballs**. Drizzle **hummus** over **meatballs**. Sprinkle with **remaining parsley** and squeeze over a **lemon wedge**, if desired.

Dinner Solved!