



Shawarma-Inspired Beef Meatballs

with Roasted Veggie Couscous and Feta Cheese

35 Minutes



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Ground Beef



Pearl Couscous



Shawarma Spice Blend



Garlic, cloves



Zucchini



Sweet Bell Pepper



Parsley



Mayonnaise



Lemon



Feta Cheese, crumbled



Italian Breadcrumbs

HELLO SHAWARMA SPICE BLEND

A unique blend of smoky, sweet and delicious!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Garlic Guide for Step 4:

- Mild: ¼ tsp (½ tsp)
- Medium: ½ tsp (1 tsp)
- Extra: 1 tsp (2 tsp)

Bust out

2 Baking sheets, measuring spoons, strainer, aluminum foil, medium pot, large bowl, small bowl, measuring cups, whisk

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Pearl Couscous	¾ cup	1 ½ cups
Shawarma Spice Blend	1 tbsp	2 tbsp
Garlic, cloves	1	2
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Parsley	7 g	14 g
Mayonnaise	4 tbsp	8 tbsp
Lemon	1	1
Feta Cheese, crumbled	¼ cup	½ cup
Italian Breadcrumbs	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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.



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Prep and roast veggies

- Peel, then mince or grate **garlic**.
- Cut **zucchini** into ½-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Add **zucchini, peppers, 1 tbsp (2 tbsp) oil and half the Shawarma Spice Blend** to an unlined baking sheet. Season with **salt and pepper**, then toss to combine.
- Roast **veggies** in the **top** of the oven until tender-crisp, 12-14 min.



Make toum

- Meanwhile, juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Roughly chop **parsley**.
- Add **mayo, 2 tsp (4 tsp) lemon juice and ¼ tsp garlic** to a small bowl. **(NOTE: Reference garlic guide.)** Season with **salt and pepper**, then whisk until smooth. Set aside.



Form and roast meatballs

- Meanwhile, line another baking sheet with foil.
- Add **beef, breadcrumbs, remaining Shawarma Spice Blend and ¼ tsp (½ tsp) salt** to a large bowl. **(TIP: If you prefer a more tender meatball, add an egg to mixture!)** Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).
- Transfer **meatballs** to the prepared baking sheet. Roast in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**



Finish couscous

- Drain and return **couscous** to the same pot, off heat.
- Add **roasted veggies** and **parsley** to the pot with **couscous**. Season with **salt and pepper**, then stir to combine.



Start couscous

- Meanwhile, heat a medium pot over medium-high heat.
- When hot, add **½ tbsp (1 tbsp) oil**, then **couscous**. Cook, stirring often, until **couscous** is slightly golden, 2-3 min.
- Add **2 cups (4 cups) water** and **1 tsp (2 tsp) salt**. Cover and bring to a boil over high.
- Once boiling, reduce heat to medium-low. Simmer, still covered, until **couscous** is tender, 6-8 min.



Finish and serve

- Divide **roasted veggie couscous** between bowls. Top with **meatballs** and sprinkle with **feta**.
- Dollop **toum** on top.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!