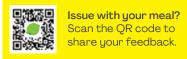


# Shawarma-Inspired Beef Meatballs

with Roasted Veggie Couscous and Feta Cheese

35 Minutes









**Pearl Couscous** 

Shawarma Spice



Garlic, cloves



Parsley

Sweet Bell Pepper





Mayonnaise

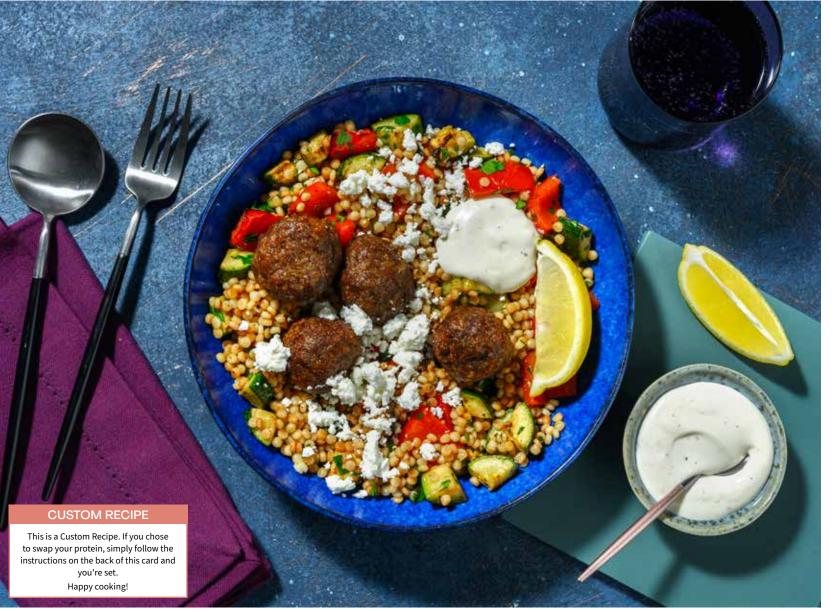


Lemon



Feta Cheese, crumbled

Italian Breadcrumbs



## Start here

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

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

#### Garlic Guide for Step 4:

- Mild: 1/4 tsp (1/2 tsp)
  - Medium: 1/2 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
250 g	500 g
250 g	500 g
¾ cup	1 ½ cups
1 tbsp	2 tbsp
1	2
200 g	400 g
160 g	320 g
7 g	14 g
4 tbsp	8 tbsp
1	1
⅓ cup	½ cup
2 tbsp	4 tbsp
	250 g  250 g  34 cup  1 tbsp  1  200 g  160 g  7 g  4 tbsp  1  14 cup

- \* Pantry items
- \*\* Cook beef and turkey 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.





#### 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.



#### Form and roast meatballs

- · Meanwhile, line another baking sheet with foil.
- Add beef, breadcrumbs, remaining Shawarma Spice Blend and

1/4 tsp (1/2 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.\*\*

If you've opted to get **turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef**.\*\*



#### Start couscous

- Meanwhile, heat a medium pot over medium-high heat.
- When hot, add 1/2 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.



#### 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 1/4 tsp (1/2 tsp) garlic to a small bowl. (NOTE: Reference garlic guide.)
- Season with salt and pepper, then whisk until smooth. Set aside.



#### 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.



#### 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!**