



# Shawarma-Inspired Beef Meatballs

with Roasted Veggie Couscous and Feta Cheese

35 Minutes















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**CUSTOM RECIPE**

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

-  Ground Beef
-  Ground Turkey
-  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
Ground Turkey	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 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.*



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1



### 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.

4



### 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** (½ tsp) **garlic** to a small bowl. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, then whisk until smooth. Set aside.

2



### 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.\*\*

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**.\*\*

5



### 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.

3



### 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.

6



### 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!