

Smart Olive-Stuffed Meatballs

with Roasted Veggies

Carb Smart

Calorie Smart

35 Minutes







Ground Beef







Yellow Onion



Shawarma Spice Blend





Parsley

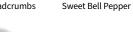
Hummus

Mayonnaise



Panko Breadcrumbs







White Wine Vinegar



Baby Spinach

Start here

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

Measurements 1 tbsp (2 tbsp) within steps Ingredient

Bust out

2 Baking sheets, vegetable peeler, strainer, measuring spoons, large bowl, parchment paper, small bowl, whisk

Inaredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Mixed Olives	30 g	60 g
Carrot	170 g	340 g
Yellow Onion	113 g	226 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Hummus	4 tbsp	8 tbsp
Mayonnaise	2 tbsp	4 tbsp
Parsley	7 g	14 g
Panko Breadcrumbs	⅓ cup	½ cup
Sweet Bell Pepper	160 g	320 g
White Wine Vinegar	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
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.



Prep

- Peel, then quarter onion. Separate onion petals.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **carrot** into ½-inch coins.
- Roughly chop parsley.
- Drain, then cut **olives** in half.



Roast veggies

- Add carrots, peppers, onions, 1 tsp (2 tsp) Shawarma Spice Blend and 1 tbsp (2 tbsp) oil to a parchment-lined baking sheet. Season with salt and pepper, then toss to combine.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown, 14-16 min.



Prep meatballs

- Meanwhile, add beef, panko, half the parsley, 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 the mixture!) Season with **pepper**, then combine.
- Form beef mixture into 8 equal-sized patties (16 patties for 4 ppl).
- Add one olive half to the middle of each patty, then shape and press patty firmly around **olive**, fully enclosing it to create a ball.
- Repeat until **all meatballs** are formed.



Roast meatballs

- Arrange meatballs on another parchmentlined baking sheet.
- Roast in the top of the oven until cooked through, 12-14 min.**



Mix hummus sauce

- Meanwhile, add mayo, hummus, vinegar, 1 tbsp (2 tbsp) water and remaining parsley to a small bowl.
- Season with salt and pepper, then whisk to combine.



Finish and serve

- Divide spinach and roasted veggies between bowls. Top with olive-stuffed meatballs.
- Drizzle hummus sauce over top.

Dinner Solved!

Contact