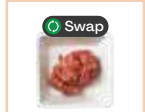




Beef Kofta Tray Bake

with Orzo and Lemony Hummus Sauce

Family Friendly 30-40 Minutes



Ground Turkey

250 g | 500 g

↗ Custom Recipe

+ Add

↻ Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Beef

250 g | 500 g



Shawarma Spice Blend

1 tbsp | 2 tbsp



Zucchini

1 | 2



Sweet Bell Pepper

1 | 2



Lemon

1 | 2



Panko Breadcrumbs

¼ cup | ½ cup



Red Onion

1 | 1



Orzo

170 g | 340 g



Hummus

4 tbsp | 8 tbsp



Garlic Salt

1 tsp | 2 tsp



Mayonnaise

2 tbsp | 4 tbsp



Garlic, cloves

1 | 2

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.

Pantry items | Unsalted butter*, oil*, salt*, pepper*

Cooking utensils | Baking sheet, medium bowl, measuring spoons, strainer, zester, box grater, medium pot, parchment paper, small bowl, measuring cups

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Add **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, core, then cut **pepper** into 1-inch pieces.
- Peel, then grate **half the onion**. Cut **remaining onion** into ½-inch pieces.
- Cut **zucchini** into ½-inch rounds.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.

2



Make koftas

Swap | Ground Turkey

- Add **beef, panko, grated onions, half the garlic, half the garlic salt** and **half the Shawarma Spice Blend** to a medium bowl.
- Season with **pepper**, then combine.
- Roll **mixture** into **6 oval logs** (12 logs for 4 ppl).

3



Bake veggies and koftas

- Add **peppers, zucchini, diced onions, remaining Shawarma Spice Blend** and **1 tbsp (2 tbsp) oil** to a parchment-lined baking sheet.
- Season with **remaining garlic salt**, then toss to combine.
- Arrange **veggies** in a single layer. Place **koftas** on top of **veggies**.
- Bake in the **middle** of the oven until **veggies** are tender and **koftas** are cooked through, 14-20 min.**

4



Cook orzo

- Meanwhile, add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **1 tbsp (2 tbsp) pasta water**, then drain and return **orzo** to the same pot, off heat.

5



Finish orzo and make sauce

- Add **1 tsp (2 tsp) lemon zest, ½ tbsp (1 tbsp) lemon juice, 2 tbsp (4 tbsp) butter** and **reserved pasta water** to the pot with **orzo**. Stir to combine. Set aside.
- Stir together **hummus, mayo, remaining lemon juice** and **remaining garlic** in a small bowl.

6



Finish and serve

- Divide **orzo** between plates. Top with **veggies, koftas** and **lemony hummus sauce**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Make turkey koftas

Swap | Ground Turkey

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**.**

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



Issue with your meal? Scan the QR code to share your feedback.