



MINI LEBANESE BEEF MEATBALL & SALAD WRAPS

with Hummus Dressing



Make a hummus dressing



Garlic



Lemon



Cucumber



Roma Tomato



Parsley



Beef Mince



Pita Pockets



Fine Breadcrumbs



Cos Lettuce



Sesame Seeds



Middle Eastern Spice Blend



Hummus

Hands-on: 20 mins
Ready in: 30 mins

Tonight we are bringing authentic Lebanese cuisine to your kitchen - It's nourishing and simple without compromising on big fresh flavour. There are a few elements in this dish, a perfect excuse to get the whole family involved. If you want to be even more authentic, lay out all the dishes "meze" style and let everyone construct their own delicious wrap.

Pantry Staples: Olive Oil, Egg

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium bowl, garlic crusher, large bowl, plate, large frying pan, tongs, small bowl, whisk** and a **sandwich press** or **microwave**.



1 GET PREPPED

Slice the **Roma tomato** into 2 cm chunks. Slice the **cucumber** into 0.5 cm half-moons. Roughly chop the **parsley**. Juice the **lemon**.



2 MAKE THE SALAD

In a medium bowl, combine the **Roma tomato, cucumber, parsley, salt (for the tabbouleh), 1 tbs of lemon juice** and a **good drizzle of olive oil**. **TIP:** Feel free to leave some tomato and cucumber plain for the kids. **TIP:** Taste and add more lemon juice if you like! Season with a **pinch of pepper**, toss to coat and set aside.



4 COOK THE MEATBALLS

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the meatballs to the pan and cook, turning regularly, for **8-10 minutes**, or until browned and cooked through.



5 MAKE THE HUMMUS DRESSING

While the meatballs are cooking, combine the **hummus** and **water (check ingredients list for the amount)** in a small bowl. Season to taste with **salt** and **pepper** and mix well. Finely slice the **cos lettuce**.

Heat the **pita pockets** in a sandwich press or on a plate in the microwave for **10 second** bursts, or until warmed through.



3 MAKE THE MEATBALLS

Peel and crush the **garlic**. In a large bowl, add the **beef mince, garlic, sesame seeds, salt (for the meatballs), egg, fine breadcrumbs (use suggested amount)** and **Middle Eastern spice blend**. Season with **pepper** and mix well to combine. Take **1 tbs** of the mixture and shape into a meatball. Set aside on a plate and repeat the process with the remaining mixture. **TIP:** You should get 5-6 meatballs per person.



6 SERVE UP

Top the pita with the cos lettuce, salad, mini Lebanese beef meatballs and a dollop of the hummus dressing.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
Roma tomato	2
cucumber	1
parsley	1 bunch
lemon	1
salt* (for the tabbouleh)	½ tsp
garlic	1 clove
beef mince	1 packet
sesame seeds	1 packet
salt* (for the meatballs)	¼ tsp
egg*	1
fine breadcrumbs	½ packet (¼ cup)
Middle Eastern spice blend	2 sachets (1 tbs)
hummus	1 tub (100 g)
water*	1 tbs
pita pockets	10
cos lettuce	1 head

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2400kJ (573Cal)	560kJ (134Cal)
Protein (g)	40.1g	9.4g
Fat, total (g)	19.5g	4.6g
- saturated (g)	5.5g	1.3g
Carbohydrate (g)	54.2g	12.7g
- sugars (g)	5.5g	1.3g
Sodium (g)	715mg	167mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

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