



# SHAWARMA MEATBALLS

with Bulgur and Sumac Veggies

PREP: 10 MIN  
TOTAL: 30 MIN

LEVEL 1



## HELLO

### MIDDLE EASTERN SPICE

Paprika woven with garlic and other warm spices

#### INGREDIENTS\*

- Bulgur (Contains: Wheat) ½ Cup
- Chicken Stock Concentrate 1
- Red Onion 1
- Roma Tomato 1
- Zucchini 1
- Sumac 1 tsp
- Ground Beef 8 oz
- Panko Breadcrumbs (Contains: Wheat) ¼ Cup
- Middle Eastern Spice Blend 1 TBSP
- Parsley ¼ oz
- Sour Cream (Contains: Milk) 2 TBSP

#### FOR 2 PEOPLE:

#### FOR 4 PEOPLE:

1 Cup	1 Cup
1	1
2	2
2	2
2	2
2 tsp	2 tsp
16 oz	16 oz
½ Cup	½ Cup
2 TBSP	2 TBSP
½ oz	½ oz
4 TBSP	4 TBSP

\*Please note that this recipe may be packaged with samples that contain peanuts.

#### NUTRITION PER SERVING

569 cal | Fat: 30 g | Sat. Fat: 9 g | Protein: 30 g | Carbs: 46 g | Sugar: 8 g | Sodium: 348 mg | Fiber: 9 g

## START STRONG

**Before shaping the meatballs**, splash a little water on your hands. It'll help keep the meat from sticking to your palms.



## BUST OUT

- Small pot
- Medium bowl
- Olive oil (4 tsp | 8 tsp)
- Baking sheet
- Medium pan

### 1 COOK BULGUR

**Wash and dry all produce.**

Heat broiler to high or oven to 500 degrees. Combine **bulgur**, **stock concentrate**, **1¼ cups water**, and a pinch of **salt** in a small pot. Bring to a boil, reduce to a simmer, and cover. Cook until tender, 12-15 minutes. Remove from heat and keep covered.



### 2 PREP AND ROAST VEGGIES

Halve, peel, and cut **onion** into ½-inch wedges. Quarter **tomato** through stem end. Halve **zucchini** lengthwise and slice into 2-inch wedges. Toss veggies on a baking sheet with a large drizzle of **olive oil**, **sumac**, **salt**, and **pepper**. Broil (or roast) until softened and slightly charred, 10-12 minutes.



### 3 SHAPE MEATBALLS

Lightly mix **ground beef**, **panko**, **Middle Eastern spice blend**, **salt**, and **pepper** in a medium bowl to combine. Gently pat into golf ball-sized meatballs with your hands.



### 4 COOK MEATBALLS

Heat a large drizzle of **olive oil** in a medium pan over medium-high heat. Add **meatballs** and cook to desired doneness, 6-10 minutes, turning to brown on all sides.

### 5 FINISH BULGUR

Finely chop **parsley**. Fluff **bulgur** with a fork, season with **salt** and **pepper**, and stir in half the **parsley**.

### 6 PLATE AND SERVE

Divide **bulgur** between plates. Top with **veggies** and **meatballs**. Dollop with **sour cream** and garnish with remaining **parsley**.

## ON THE BALL!

A street cart staple made right in your kitchen.