



# SHAWARMA MEATBALLS

with Bulgur and Sumac Veggies

PREP: 15 MIN  
TOTAL: 35 MIN

LEVEL 1



## HELLO

### MIDDLE EASTERN SPICE

Paprika woven with garlic and other warm spices

#### INGREDIENTS:\*

- Bulgur (Contains: Wheat)
- Chicken Stock Concentrate
- Red Onions
- Roma Tomatoes
- Zucchini
- Sumac
- Ground Beef
- Panko Breadcrumbs (Contains: Wheat)
- Middle Eastern Spice Blend
- Parsley
- Sour Cream (Contains: Milk)

#### FOR 4 PEOPLE:

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

- Medium pot
- Large bowl
- Olive oil (8 tsp)
- Baking sheet
- Large pan



### 1 COOK BULGUR

**Wash and dry all produce.**

Heat broiler to high or oven to 500 degrees. Combine **bulgur**, **stock concentrate**, **2½ cups water**, and a pinch of **salt** in a medium 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 **onions** into ½-inch wedges. Quarter **tomatoes** through stem end. Halve **zucchini** lengthwise and slice into 2-inch wedges. Toss veggies on a baking sheet with **4 tsp 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 large bowl to combine. Gently pat into golf-ball-sized meatballs with your hands.



### 4 COOK MEATBALLS

Heat **4 tsp olive oil** in a large pan over medium-high heat. Add **meatballs** and cook to desired doneness, 6-10 minutes, turning to brown on all sides (you may need to cook in batches).

### 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.

