



Beef Kofta Tray Bake

with Couscous and Lemony Hummus Sauce

Family Friendly 35 Minutes



Ground Beef



Shawarma Spice Blend



Zucchini



Sweet Bell Pepper



Lemon



Panko Breadcrumbs



Red Onion



Pearl Couscous



Hummus



Garlic Salt



Garlic, cloves



Mayonnaise



Beef Broth Concentrate

HELLO PEARL COUSCOUS

Little pearl-shaped pasta that cooks in no time!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Lemon	1	2
Panko Breadcrumbs	¼ cup	½ cup
Red Onion	113 g	113 g
Pearl Couscous	¾ cup	1 ½ cups
Hummus	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Garlic, cloves	1	2
Mayonnaise	2 tbsp	2 tbsp
Beef Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
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.

Contact

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Prep

Add **6 cups water** and **1 tsp salt** (use same for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, 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 **lemon**. Peel, then mince or grate **garlic**.



Cook couscous

While **veggies** and **koftas** bake, add **couscous** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 6-8 min. Reserve **2 tbsp pasta water** (dbl for 4 ppl), then drain and return **couscous** to the same pot, off heat.



Make koftas

Add **beef, panko, grated onion, 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 **six 2x1-inch logs** (12 for 4 ppl).



Finish couscous and make sauce

Add **broth concentrate, 1 tsp lemon zest, 1 tbsp lemon juice, 1 tbsp butter** (dbl all for 4 ppl) and **reserved pasta water** to the pot with **couscous**. Stir to combine. Set aside. Stir together **hummus, mayo, remaining lemon juice** and **remaining garlic** in a small bowl.



Bake veggies and koftas

Add **peppers, zucchini, remaining onions, remaining Shawarma Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **remaining garlic salt**, then toss to combine. Arrange **veggies** in an single layer. Place **koftas** on top of **veggies**. Bake in the **middle** of the oven until **veggies** are tender and **koftas** are cooked through, 12-16 min.**



Finish and serve

Divide **couscous** between plates. Top with **veggies, koftas** and **lemony hummus sauce**.

Dinner Solved!