



# Carb Smart Middle Eastern-Inspired Beef Koftas

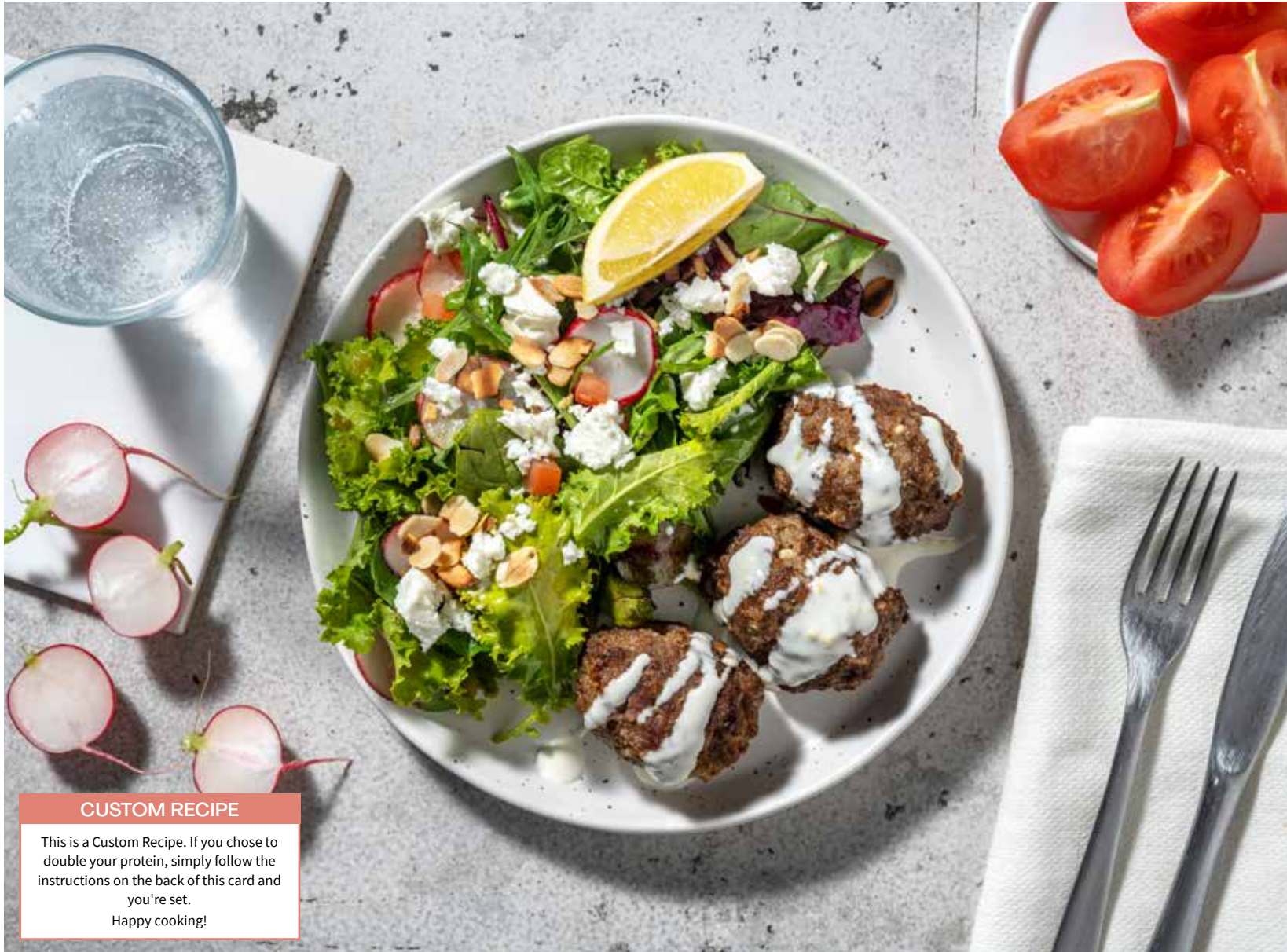
with Feta and Radish Salad

Carb Smart

30 Minutes



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Ground Beef



Double Ground Beef



Spring Mix



Roma Tomato



Radish



Lemon



Almonds, sliced



Feta Cheese,  
crumbled



Mayonnaise



Italian Breadcrumbs



Shawarma Spice  
Blend



Fig Spread

## CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

## HELLO FETA CHEESE

*A salty, briny cheese with a crumbly texture!*

## Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

Baking sheet, medium bowl, measuring spoons, zester, large bowl, parchment paper, small bowl, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
Spring Mix	113 g	227 g
Roma Tomato	95 g	190 g
Radish	3	6
Lemon	1	2
Almonds, sliced	28 g	56 g
Feta Cheese, crumbled	½ cup	1 cup
Mayonnaise	4 tbsp	8 tbsp
Italian Breadcrumbs	2 tbsp	4 tbsp
Shawarma Spice Blend	1 tbsp	2 tbsp
Fig Spread	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.*



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### Prep

- Cut **tomato** into ¼-inch pieces.
- Thinly slice **radishes**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.



### Toast almonds

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 4-5 min. (**TIP:** Keep your eye on almonds so they don't burn!)
- Remove from heat. Transfer **almonds** to a plate.



### Form koftas

- Line a baking sheet with parchment paper.
- Add **breadcrumbs**, **Shawarma Spice Blend**, **half the feta** and **beef** to a medium bowl. Season with **pepper**, then combine.
- Roll **mixture** into six 2x1-inch logs (12 logs for 4 ppl).

If you've opted for **double the beef**, add an extra **¼ tsp** (½ tsp) **salt** to the **beef mixture**. Roll into twelve 2x1-inch logs (24 logs for 4 ppl).



### Make salad

- Add **half the fig spread** (use all for 4 ppl), **1 tsp** (2 tsp) **lemon juice** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **spring mix**, **radishes** and **tomatoes**, then toss to combine.



### Roast koftas

- Arrange **koftas** on the prepared baking sheet.
- Roast in the **middle** of the oven, until golden-brown and cooked through, 13-15 min. \*\*



### Finish and serve

- Add **lemon zest**, **mayo**, **½ tsp** (1 tsp) **lemon juice** and **1 tsp** (2 tsp) **water** to a small bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.
- Divide **koftas** between plates. Serve **salad** alongside.
- Sprinkle **salad** with **almonds** and **remaining feta**.
- Drizzle **lemon mayo sauce** over **koftas**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!