



Lebanese Beef & Feta Meatballs

with Zucchini, Couscous and Hummus Drizzle

30 Minutes



Ground Beef



Couscous



Zucchini



Roma Tomato



Parsley



Lemon



Shawarma
Spice Blend



Feta Cheese,
crumbled



Hummus



Panko Breadcrumbs

HELLO TABBOULEH

Tabbouleh is a Levantine salad made with finely chopped herbs (like parsley), chopped tomatoes and couscous or bulgur!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, medium bowl, microplane/zester, measuring spoons, aluminum foil, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Couscous	½ cup	1 cup
Zucchini	200 g	400 g
Roma Tomato	80 g	160 g
Parsley	7 g	14 g
Lemon	1	1
Shawarma Spice Blend	1 tbsp	2 tbsp
Feta Cheese, crumbled	28 g	56 g
Hummus	57 g	114 g
Panko Breadcrumbs	¼ cup	½ cup
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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 **zucchini** in half lengthwise, then into ½-inch thick half-moons. Cut **tomato** into ½-inch pieces. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Roughly chop the **parsley**.



Cook zucchini

While couscous cooks, heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt and pepper**.



Form meatballs

Combine **beef, breadcrumbs, Shawarma Spice Blend** and **feta** in a medium bowl. Season with **pepper**. Form **mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Arrange **meatballs** on a foil-lined baking sheet. Bake in the **middle** of the oven, until cooked through, 12-14 min.**



Make hummus drizzle

While **zucchini** cooks, stir together **hummus, half the lemon juice** and **1 tbsp water** (dbl for 4 ppl) in a small bowl. Season with **pepper**.



Cook couscous

While **meatballs** cook, heat a medium pot over medium heat. When hot, add **1 tbsp butter** and **¾ cup water** (dbl both for 4 ppl). Cover and bring to a boil over high heat. Remove pot from heat, stir in **couscous**, then cover and let stand, until tender and **liquid** is absorbed, 5-6 min.



Finish and serve

Fluff **couscous** with a fork. Stir in **tomatoes, lemon zest, remaining lemon juice** and **parsley**. Season with **salt and pepper**. Divide **couscous tabbouleh** between bowls. Top with **zucchini and meatballs**, then drizzle hummus over top. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!