



Shawarma Beef Meatballs

with Roasted Veggie Couscous and Feta Cheese

35 Minutes



- Ground Beef
- Double Ground Beef
- Pearl Couscous
- Shawarma Spice Blend
- Garlic, cloves
- Zucchini
- Sweet Bell Pepper
- Parsley
- Sour Cream
- Mayonnaise
- Lemon
- Feta Cheese, crumbled
- Italian Breadcrumbs

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 SHAWARMA SPICE BLEND

Our Shawarma Spice Blend is a unique blend of smoky, sweet and delicious!

Start here

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

Garlic Guide for Step 1 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

2 Baking sheets, measuring spoons, strainer, aluminum foil, medium pot, large bowl, small bowl, measuring cups, whisk

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
Pearl Couscous	¾ cup	1 ½ cups
Shawarma Spice Blend	1 tbsp	2 tbsp
Garlic, cloves	2	4
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Parsley	7 g	14 g
Sour Cream	3 tbsp	6 tbsp
Mayonnaise	2 tbsp	2 tbsp
Lemon	1	1
Feta Cheese, crumbled	¼ cup	½ cup
Italian Breadcrumbs	2 tbsp	4 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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Prep and make toum

Cut **zucchini** into ½-inch pieces. Core, then cut **pepper** into ½-inch pieces. Peel, then mince or grate **garlic**. Juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges. Roughly chop **parsley**. Add **mayo, sour cream, 1 tbsp lemon juice** (dbl for 4 ppl) and **¼ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, then whisk until smooth. Set aside.



Cook couscous

Meanwhile, heat a medium pot over medium-high heat. When hot, add **½ tsp oil** (dbl for 4 ppl), then **couscous**. Cook, stirring often, until **couscous** is slightly golden, 2-3 min. Add **2 cups water** and **1 tsp salt** (dbl both for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-low. Simmer, still covered, until **couscous** is tender, 6-8 min. Drain and return **couscous** to the same pot, off heat.



Roast veggies

Add **zucchini, peppers, 1 tbsp oil** (dbl for 4 ppl) and **half the Shawarma Spice Blend** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **top** of the oven until **veggies** are tender-crisp, 12-14 min.



Finish couscous

Add **roasted veggies** and **parsley** to the pot with **couscous**. Season with **salt** and **pepper**, then stir to combine.



Bake meatballs

Meanwhile, add **beef, breadcrumbs, remaining Shawarma Spice Blend** and **¼ tsp salt** (dbl for 4 ppl) to a large bowl. Season with **pepper**, then combine. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Transfer **meatballs** to a foil-lined baking sheet. Bake in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**

If you've opted for **double beef**, add an extra **¼ tsp salt** (dbl for 4 ppl) to the **beef mixture**. (**TIP:** For 4 ppl, if you prefer a firmer meatball, add 2 eggs to the mixture!) Roll **mixture** into **16 equal-sized meatballs** (32 for 4 ppl).



Finish and serve

Divide **couscous** between bowls. Top with **meatballs** and sprinkle with **feta**. Dollop **toum** on top. Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!