



MEDITERRANEAN MEATBALL PITAS

with Tomato, Cucumber & Dill-Yogurt Sauce

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



10 oz | 20 oz
Ground Beef**



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



1 TBSP | 2 TBSP
Mediterranean
Spice Blend



1 | 2
Tomato



1 | 2
Mini Cucumber



1 | 1
Lemon



¼ oz | ½ oz
Dill



6 TBSP | 12 TBSP
Yogurt
Contains: Milk



2 | 4
Pitas
Contains: Sesame,
Wheat



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

HELLO

DILL-YOGURT SAUCE

A cool, creamy Greek-inspired sauce flavored with herbaceous dill and tangy lemon



PREP: 10 MIN | COOK: 20 MIN | CALORIES: 710



BE A MEATBALL HERO

Prepare the yogurt sauce up to a day ahead of time to make this dinner even quicker—just give it a good stir before serving!

BUST OUT

- Large bowl
 - Medium bowl
 - Baking sheet
 - Small bowl
 - Zester
 - Paper towels
-
- Kosher salt
 - Black pepper
 - Olive oil (1 tsp | 1 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 START PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens.



2 FORM & ROAST MEATBALLS

- In a large bowl, combine **beef***, **scallion whites**, **panko**, **Mediterranean Spice Blend**, **1 TBSP water**, **1 tsp salt**, and **pepper** (2 TBSP water and 2 tsp salt for 4 servings). Form mixture into 8 1½-inch meatballs (16 meatballs for 4).
- Place **meatballs** on a baking sheet. (TIP: To help prevent sticking, lightly oil sheet or coat with nonstick cooking spray first.) Roast on top rack until browned and cooked through, 14-16 minutes.



3 FINISH PREP

- Meanwhile, dice **tomato** into ½-inch pieces. Trim and quarter **cucumber** lengthwise; thinly slice into quarter-moons. Pick and roughly chop **fronds from dill**. Zest and quarter **lemon**.



4 MAKE SALAD

- In a medium bowl, combine **tomato**, **cucumber**, **scallion greens**, a **drizzle of olive oil**, **salt**, and **pepper**.



5 MAKE YOGURT SAUCE

- In a small bowl, combine **yogurt** with as much **dill** and **lemon zest** as you like. Season with **salt** and **pepper**.



6 FINISH & SERVE

- Wrap **pitas** in damp paper towels and microwave until warm and pliable, 30-40 seconds; halve crosswise.
- Fill pitas with **meatballs** and **salad**. (TIP: Cut your meatballs in half for easier pita stuffing.) Drizzle with **yogurt sauce**. Divide between plates and serve with **lemon wedges** on the side.

*Ground Beef is fully cooked when internal temperature reaches 160°.