



Kibbeh-Inspired Beef Bowl

with Toasted Pine Nuts and Bulgur Pilaf

30 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Ground Turkey
250 g | 500 g

Swap



Beyond Meat®
2 | 4



Ground Beef
250 g | 500 g



Bulgur Wheat
½ cup | 1 cup



Red Onion
1 | 2



Tomato
1 | 2



Radish
3 | 6



Lemon
1 | 2



Parsley
7 g | 14 g



Tahini Sauce
2 tbsp | 4 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Turkish Spice Blend
1 tbsp | 2 tbsp



Pine Nuts
28 g | 56 g

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.

Pantry items | Oil, sugar, salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, small bowl, zester

1



Cook bulgur

• Before starting, wash and dry all produce.

- Add $\frac{3}{4}$ cup (1 cup) **water** and $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, stir in **bulgur** until **water** returns to a boil. Cover and remove from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 16-18 min.
- Fluff **bulgur** with a fork.

4



Toast pine nuts

- Heat a large non-stick pan over medium-high heat.
- When hot, add **pine nuts** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (TIP: Keep your eye on pine nuts so they don't burn.)
- Transfer to a plate.

2



Prep

- Meanwhile, peel, then cut **onion** into $\frac{1}{4}$ -inch pieces.
- Halve **radishes**, then thinly slice into half-moons.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Roughly chop **parsley**.
- Cut **tomato** into $\frac{1}{2}$ -inch pieces.
- Combine **mayo**, **tahini sauce**, **half the lemon zest**, $\frac{1}{2}$ tsp (1 tbsp) **lemon juice** and $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) **sugar** in a small bowl. (TIP: If you prefer a thinner sauce, stir in water, 1 tsp at a time, until sauce is your desired consistency.)

5



Cook beef

Swap | Ground Turkey

Swap | Beyond Meat®

- Reheat the same pan over medium-high.
- When hot, add **beef** to the dry pan. Break up into smaller pieces.
- Add **onions**. Season with **salt** and **pepper**. Cook, stirring often, until **onions** are tender and **beef** is cooked through, 4-5 min.**
- Carefully drain and discard excess fat. Add **Turkish Spice Blend**. Cook, stirring often, until fragrant, 30 sec.
- Remove from heat, then add **2 tbsp** ($\frac{1}{4}$ cup) **water**, then stir to combine. Cover to keep warm.

3



Marinate veggies

- Add **tomatoes**, **radishes**, **half the parsley**, **2 tbsp** ($\frac{1}{4}$ cup) **onions**, $\frac{1}{2}$ tsp (1 tbsp) **lemon juice**, $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a medium bowl. (TIP: We love using olive oil in this recipe.) Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Add **remaining parsley**, **remaining lemon zest** and **1 tbsp** (2 tbsp) **oil** to the pot with **bulgur**. Season with **pepper**, then stir to combine.
- Divide **bulgur** between bowls.
- Top with **beef mixture**, then **marinated veggies**.
- Drizzle **tahini sauce**, then sprinkle **pine nuts** over top.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

5 | Cook turkey

Swap | Ground Turkey

If you've opted to get **turkey**, add **1 tbsp** (2 tbsp) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef**.**

5 | Cook Beyond Meat®

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, cook it the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.** Disregard instructions to drain excess fat.

** Cook to a minimum internal temperature of 74°C/165°F.