



Beef Kofta Bowl

with Chopped Salad and Lemony Yogurt

Quick

25 Minutes



Ground Beef



Parboiled Rice



Mini Cucumber



Baby Tomatoes



Lemon



Garlic Puree



Turkish Spice Blend



Greek Yogurt



Feta Cheese,
crumbled



Vegetable Broth
Concentrate



Parsley

HELLO LEMON ZEST

Punch up the flavour of yogurt sauce with a sprinkle of lemon zest!

Start here

Before starting, wash and dry all produce.

Garlic Guide for Step 3 (dbl for 4 ppl):

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

Bust Out

Medium bowl, measuring spoons, zester, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

| | 2 Person | 4 Person |
|-----------------------------|----------|----------|
| Ground Beef | 250 g | 500 g |
| Parboiled Rice | ¾ cup | 1 ½ cup |
| Mini Cucumber | 132 g | 264 g |
| Baby Tomatoes | 113 g | 227 g |
| Lemon | 1 | 2 |
| Garlic Puree | 1 tbsp | 2 tbsp |
| Turkish Spice Blend | 1 tbsp | 2 tbsp |
| Greek Yogurt | 100 g | 200 g |
| Feta Cheese, crumbled | ½ cup | 1 cup |
| Vegetable Broth Concentrate | 1 | 2 |
| Parsley | 7 g | 14 g |
| Sugar* | ¼ tsp | ½ tsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

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

Add **1 ¼ cups water** (dbl for 4 ppl) and **broth concentrate** to a covered medium pot. Bring to a boil over high heat. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 15-18 min. Remove pot from heat. Set aside, still covered.



Prep

While **rice** cooks, quarter **tomatoes**. Cut **cucumber** in half lengthwise, then into ¼-inch half-moons. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.



Make lemony yogurt

Stir together **yogurt**, **half the lemon zest**, **1 tsp lemon juice** (dbl for 4 ppl) and **½ tsp garlic puree** in a small bowl. (NOTE: Reference garlic guide.) Season with **salt** and **pepper**.



Make chopped salad

Stir together **tomatoes**, **cucumbers**, **remaining lemon juice**, **¼ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) in a medium bowl. Season with **salt** and **pepper**.



Cook beef

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ** Carefully drain and discard excess fat. Add **Turkish Spice Blend** and **remaining garlic puree** to **beef**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.



Finish and serve

Fluff **rice** with a fork. Stir in **remaining lemon zest** and season with **salt**. Divide **rice** between bowls. Top with **beef** and **chopped salad**. Dollop with **lemony yogurt** and sprinkle **feta** over top. Squeeze over a **lemon wedge**, if desired. Tear **parsley** over top.

Dinner Solved!