



# Kofta-Inspired Beef Bowls

with Chopped Salad and Lemony Yogurt

Quick

25 Minutes



Ground Beef



Basmati Rice



Sweet Bell Pepper



Roma Tomato



Lemon



Garlic Puree



Turkish Spice Blend



Greek Yogurt



Feta Cheese,  
crumbled



Vegetable Broth  
Concentrate



Parsley



Scan the QR code to  
download our app.

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.

**Measurements within steps** **1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

### Garlic Guide for Step 3:

- Mild:  $\frac{1}{8}$  tsp ( $\frac{1}{4}$  tsp)
- Medium:  $\frac{1}{4}$  tsp ( $\frac{1}{2}$  tsp)
- Extra:  $\frac{1}{2}$  tsp (1 tsp)

## Bust out

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

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Basmati Rice	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups
Sweet Bell Pepper	160 g	320 g
Roma Tomato	160 g	320 g
Lemon	1	1
Garlic Puree	1 tbsp	2 tbsp
Turkish Spice Blend	1 tbsp	2 tbsp
Greek Yogurt	100 ml	200 ml
Feta Cheese, crumbled	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Vegetable Broth Concentrate	2	4
Parsley	7 g	7 g
Sugar*	$\frac{1}{2}$ tsp	1 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 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 us | (855) 272-7002  
HelloFresh.ca

    @HelloFreshCA



## Cook rice

- Add **1  $\frac{1}{4}$  cups** (2  $\frac{1}{2}$  cups) **water**,  $\frac{1}{8}$  **tsp** ( $\frac{1}{4}$  tsp) **salt** and **broth concentrates** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



## Make chopped salad

- Add **tomatoes, peppers**,  $\frac{1}{2}$  **tbsp** (1 tbsp) **lemon juice**,  $\frac{1}{2}$  **tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a medium bowl.
- Season with **salt** and **pepper**, then stir to combine.



## Prep

- Meanwhile, core, then cut **pepper** into  $\frac{1}{2}$ -inch pieces.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Cut **tomatoes** into  $\frac{1}{2}$ -inch pieces.



## Cook beef

- Heat a large non-stick pan over medium-high heat.
- When hot, add  $\frac{1}{2}$  **tbsp** (1 tbsp) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*
- If desired, 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**, to taste.



## Make lemony yogurt

- Add **yogurt**, **half the lemon zest**, **2 tbsp** (4 tbsp) **water** and  $\frac{1}{8}$  **tsp** ( $\frac{1}{4}$  tsp) **garlic puree** to a small bowl. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, then whisk until smooth.



## Finish and serve

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

## Dinner Solved!