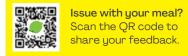


Kofta-Inspired Beef Bowls

with Chopped Salad and Lemony Yogurt

Quick

25 Minutes

















Sweet Bell Pepper

Roma Tomato







Lemon







Turkish Spice Blend

Greek Yogurt







Feta Cheese, crumbled

Vegetable Broth Concentrate



Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp., (2 tbsp), within steps

Ingredient

Garlic Guide for Step 3:

- Mild: 1/8 tsp (1/4 tsp)
- Medium: ¼ tsp (½ tsp)
- Extra: 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	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Roma Tomato	190 g	380 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	⅓ cup	½ cup
Vegetable Broth Concentrate	1	2
Parsley	7 g	7 g
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

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

Alleraens

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.





- Add 1 1/4 cups (2 1/2 cups) water, 1/8 tsp (1/4 tsp) salt and broth concentrate 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.



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Zest, then juice half the lemon (whole lemon for 4 ppl). Cut any remaining lemon into wedges.
- Cut tomatoes into ½-inch pieces.



Make lemony yogurt

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



Make chopped salad

- Add tomatoes, peppers, ½ tbsp (1 tbsp) lemon juice, ½ tsp (1 tsp) sugar and 1 tbsp (2 tbsp) oil to a medium bowl.
- Season with salt and pepper, then stir to combine.



Cook beef

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add 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.



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.

