



Kofta-Inspired Beef Bowls

with Chopped Salad and Lemony Yogurt

Quick 25 Minutes



CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your beef, simply follow the instructions on the back of this card and you're set.
Happy cooking!

- Ground Beef
- Double Ground Beef**
- Basmati Rice
- Sweet Bell Pepper
- Roma Tomato
- 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:

• Mild: ½ tsp (¼ tsp) • Medium: ¼ tsp (½ tsp)

• Extra: ½ tsp (1 tsp)

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

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
Double Ground Beef	500 g	1000 g
Basmati Rice	¾ cup	1 ½ 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	¼ 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.

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.

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Cook rice

- Add **1 ¼ cups** (2 ½ cups) **water**, **½ tsp** (¼ 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.



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.



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.



Cook beef

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ 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.

If you've opted for **double the beef**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **beef**. Work in batches, if necessary.



Make lemony yogurt

- Add **yogurt**, **half the lemon zest**, **2 tbsp** (4 tbsp) **water** and **½ tsp** (¼ 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!