



Mediterranean Beef and Zucchini Ribbons

with Pan Blistered Tomatoes and Almonds

Carb Smart

25 Minutes



Ground Beef



Mediterranean Spice Blend



Zucchini



Baby Tomatoes



Almonds, sliced



Garlic



Lemon



Tahini

HELLO DIY ZUCCHINI RIBBONS

All you need is a peeler to create beautiful tender zucchini ribbons!

Start here

Before starting, wash and dry all produce.

Bust Out

Vegetable peeler, microplane/zester, medium non-stick pan, measuring spoons, tongs, small bowl, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Mediterranean Spice Blend	1 tbsp	2 tbsp
Zucchini	400 g	800 g
Baby Tomatoes	113 g	227 g
Almonds, sliced	28 g	56 g
Garlic	9 g	18 g
Lemon	1	1
Tahini	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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1

Cut **zucchini** in half lengthwise. Using a vegetable peeler, peel **zucchini** into long ribbons. Peel, then finely mince or grate **garlic**. Zest, then juice **lemon**.



2

Heat a medium non-stick pan over medium heat. When hot, add **almonds** to the dry pan. Toast, tossing occasionally until golden, 2-3 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate. Remove pan from heat, then wipe clean.



3

While **almonds** toast, stir together **tahini**, a **third of the garlic**, **½ tsp lemon juice**, **1 tsp lemon zest**, **¼ tsp salt**, **½ tsp sugar** and **2 tbsp water** (dbl all for 4 ppl) in a small bowl.



4

Heat the same pan (from step 2) over medium-high. When hot, add **1 tsp oil** (dbl for 4 ppl), then **half of the remaining garlic**. Add **beef** and cook, breaking up into smaller pieces, until no pink remains, 3-4 min. ****** Drain off any **excess fat** and return pan to heat. Season **beef** with **salt**, **pepper** and **half the Mediterranean Spice Blend**. Cook, stirring beef occasionally, until no **liquid** remains and **beef** starts to get crispy, 2-3 min.



5

While the **beef** crisps, heat a large non-stick pan over medium-high heat. When hot, add **2 tbsp oil** (dbl for 4 ppl), then **tomatoes**. Toss **tomatoes** around the pan until they blister, 3-4 min. Lower heat to medium. Add **zucchini ribbons**, **remaining garlic**, **remaining Mediterranean Spice Blend** and **½ tsp salt** (dbl for 4 ppl). Toss, using tongs, until **zucchini ribbons** have slightly wilted and are tender-crisp, 1-2 min. Remove pan from heat. Add **tahini sauce**, then toss to coat.



6

Divide **veggies** between plates. Top with **beef** and sprinkle with **almonds**.

Dinner Solved!