



Middle Eastern-Spiced Beef Bowls

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: ¼ 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 cups
Mini Cucumber	132 g	264 g
Baby Tomatoes	113 g	227 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	½ cup	1 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 water**, **½ tsp salt** (dbl both for 4 ppl) and **broth concentrate** to a medium pot. Cover and 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 the pot from heat. Set aside, still covered.



Make chopped salad

Add **tomatoes**, **cucumbers**, **remaining lemon juice**, **½ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then stir to combine.



Prep

While **rice** cooks, quarter **tomatoes**. Cut **cucumber** in half lengthwise, then into ¼-inch half-moons. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges.



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**, to taste.



Make lemony yogurt

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



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 **feta** over top. Squeeze over a **lemon wedge**, if desired. Tear **parsley** over top.

Dinner Solved!