



# Middle Eastern-Inspired Beef Bowls

with Hummus and Spiced Rice

Quick 25 Minutes



Ground Beef



Shawarma Spice Blend



Mini Cucumber



Hummus



Sweet Bell Pepper



Basmati Rice



Yellow Onion



Roma Tomato



White Wine Vinegar



Garlic Puree



Mayonnaise

## HELLO SHAWARMA SPICE BLEND

*A blend of robust herbs and spices to wake up your taste buds!*

## Start here

Before starting, wash and dry all produce.

### Bust out

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

### Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Shawarma Spice Blend	2 tbsp	4 tbsp
Mini Cucumber	66 g	132 g
Hummus	8 tbsp	16 tbsp
Sweet Bell Pepper	160 g	320 g
Basmati Rice	¾ cup	1 ½ cups
Yellow Onion	113 g	226 g
Roma Tomato	160 g	320 g
White Wine Vinegar	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Sugar*	¼ tsp	½ 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 or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



### Cook rice

1. Peel, then cut **onion** into ¼-inch pieces.
2. Heat a medium pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **half the onions**. Cook, stirring often, until **onions** soften slightly, 1-2 min.
3. Add **rice** and **2 tsp Shawarma Spice Blend** (dbl for 4 ppl) to the pot. Cook, stirring often, until toasted, 2-3 min.
4. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
5. Remove the pot from heat. Set aside, still covered.



### Cook peppers

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring often, until tender-crisp, 4-5 min.
- Transfer **peppers** to a plate. Set aside.



### Prep

- Meanwhile core, then cut **pepper** into ¼-inch pieces.
- Cut **tomatoes** into ¼-inch pieces.
- Cut **cucumber** into ¼-inch pieces.



### Cook beef

- Heat the same pan over medium-high.
- When hot, add **1 tsp 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 **half the garlic puree, remaining Shawarma Spice Blend, remaining onions** and **2 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring often, until **onions** soften slightly, 2-3 min.



### Marinate tomatoes and cucumbers

- Whisk together **vinegar, 2 tbsp oil** and **¼ tsp sugar** (dbl both for 4 ppl) in a large bowl.
- Add **tomatoes** and **cucumbers**. Season with **salt** and **pepper**, then toss to coat. Set aside.



### Finish and serve

- Stir together **mayo, remaining garlic puree** and **1 tsp water** (dbl for 4 ppl) in a small bowl.
- Fluff **rice** with a fork, then season with **salt** and stir in **peppers**.
- Divide **rice** between bowls. Top with **spiced beef** and **marinated veggies**.
- Drizzle **any remaining dressing** from the bowl over **veggies**. Dollop **hummus** and drizzle **garlic mayo** over everything.

Dinner Solved!