



Middle Eastern-Inspired Beef Bowls

with Chopped Salad and Lemony Yogurt

Quick

25 Minutes



Ground Beef



Basmati Rice



Mini Cucumber



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 (dbl for 4 ppl):

- Mild: ⅛ tsp
- Medium: ¼ tsp
- Extra: ½ 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
Mini Cucumber	132 g	264 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	2	4
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.

Contact

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Cook rice

- Add **1 ¼ cups water**, **⅛ tsp salt** (dbl both for 4 ppl) and **broth concentrates** 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**, **cucumbers**, **½ tbsp lemon juice**, **½ tsp sugar** and **1 tbsp oil** (dbl all for 4 ppl) to a medium bowl.
- Season with **salt** and **pepper**, then stir to combine.



Prep

- Meanwhile, cut **tomatoes** into ½-inch pieces.
- Thinly slice **cucumbers** into rounds.
- 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. **
- 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.



Make lemony yogurt

- Add **yogurt**, **half the lemon zest**, **2 tbsp water** (dbl for 4 ppl) and **⅛ 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!