



Oven-Roasted Greek Kebabs

with Lemon Rice and Garlicky Yogurt Dressed Salad

30 Minutes



Ground Beef



Red Onion



Panko Breadcrumbs



Dill



Baby Tomatoes



Mini Cucumber



Greek Yogurt



Lemon



Parboiled Rice



Chicken Broth Concentrate



Garlic



Italian Seasoning

HELLO DILL

This delicate herb comes from the same family as parsley and celery!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Garlic Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Dill Guide for Steps 4 and 5 (dbl for 4 ppl):

- Mild: 1 tsp
- Dilly: 2 tsp
- Extra-dilly: 1 tbsp

Bust out

Baking sheet, medium bowl, microplane/zester, measuring spoons, medium pot, large bowl, parchment paper, measuring cups

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Red Onion	113 g	226 g
Panko Breadcrumbs	¼ cup	½ cup
Dill	7 g	7 g
Baby Tomatoes	113 g	227 g
Mini Cucumber	132 g	264 g
Greek Yogurt	100 ml	200 ml
Lemon	1	2
Parboiled Rice	¾ cup	1½ cup
Chicken Broth Concentrate	1	2
Garlic	6 g	12 g
Italian Seasoning	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°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.

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Prep

Peel, then cut **onion** into ¼-inch pieces. Peel, then mince or grate **garlic**. **Halve tomatoes**. **Halve cucumbers** lengthwise, then cut into ¼-inch half-moons. Zest **lemon**. Juice half, then cut **remaining lemon** into wedges. Finely chop **dill**.



Make salad

While **kebabs** roast, add **remaining garlic** (**NOTE**: Reference garlic guide.), **yogurt**, **1 tsp dill** (**NOTE**: Reference dill guide.) **1 tsp lemon juice** and **½ tsp sugar** (dbl all for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then stir to combine. Add **tomatoes**, **cucumbers** and **remaining onions**, then toss to combine.



Cook rice

Heat a medium pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **three-quarters of the onions**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add **half the garlic**, then cook, stirring often, until fragrant, 30 sec. Add **broth concentrate**, **1 ¼ cup water**, **1 tbsp lemon juice** and **¼ tsp salt** (dbl all for 4 ppl). Bring to a boil over high heat. Stir in **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min. Remove pot from heat. Set aside, still covered.



Finish rice

Add **lemon zest** and **1 tsp dill** (dbl for 4 ppl) to the pot with **rice**. Fluff with a fork to combine.



Roast kebabs

While **rice** cooks, combine **beef**, **panko**, **half the Italian Seasoning** (use all for 4 ppl), **half the remaining garlic** and **¼ tsp salt** (dbl for 4 ppl) in a large bowl. Season with **pepper**. Form into **8 equal-sized oval patties** (16 for 4 ppl). Arrange **kebabs** on a parchment-lined baking sheet. Bake in the **middle** of the oven, flipping halfway through, until cooked through, 8-10 min.**



Finish and serve

Divide **lemon rice**, **kebabs** and **salad** between plates. Sprinkle with any **remaining dill**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!