



Turkish-Spiced Beef

with Pickled Cabbage and Garlic Tourn Sauce

30 Minutes



Ground Beef



Garlic Puree



Onion, chopped



Basmati Rice



Turkish Spice Blend



Red Cabbage, shredded



Lemon



Parsley



Green Peas



Vegetable Broth Concentrate



Mayonnaise

HELLO TURKISH 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

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
Garlic Puree	1 tbsp	2 tbsp
Onion, chopped	56 g	113 g
Basmati Rice	¾ cup	1 ½ cups
Turkish Spice Blend	1 tbsp	2 tbsp
Red Cabbage, shredded	113 g	226 g
Lemon	1	2
Parsley	7 g	14 g
Green Peas	113 g	227 g
Vegetable Broth Concentrate	1	2
Mayonnaise	4 tbsp	8 tbsp
Sugar*	1 tsp	2 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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Prep

- Add **1 ¼ cups water**, **⅛ tsp salt** (dbl both for 4 ppl) and **broth concentrate** to a medium pot.
- Cover and bring to a boil over high heat.
- Meanwhile, roughly chop **parsley**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.



Cook beef

- Heat the same pan over medium-high.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **beef, onions, Turkish Spice Blend** and **remaining garlic puree**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ****** Season with **salt and pepper**.
- Carefully drain and discard excess fat.



Cook rice and make garlic toum sauce

- Add **rice** and **peas** to the **boiling broth**. 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.
- Meanwhile, combine **mayo**, **1 tsp lemon juice** and **¼ tsp garlic puree** (dbl both for 4 ppl) in a small bowl. Set aside.



Finish cabbage and rice

- Add **half the parsley** to the bowl with **pickled cabbage**. Toss to combine.
- Fluff **rice** with a fork, then add **¼ tsp lemon zest** (dbl for 4 ppl). Season with **salt** and **pepper**, then stir to combine.



Pickle cabbage

- Heat a large non-stick pan over medium-high heat.
- When hot, add **cabbage**, **1 tbsp lemon juice**, **2 tbsp water** and **1 tsp sugar** (dbl all for 4 ppl). Season with **salt**.
- Cook, stirring occasionally, until bright pink, 1-2 min.
- Remove the pan from heat. Transfer **cabbage**, including **pickling liquid**, to a medium bowl.
- Place in the fridge to cool.
- Carefully wipe the pan clean.



Finish and serve

- Divide **rice** between plates, then top with **pickled cabbage** and **beef**.
- Sprinkle with **remaining parsley** and dollop with **garlic toum sauce**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!