



Turkish-Spiced Beef

with Garlic Tourn Sauce

Quick

25 Minutes



Ground Beef



Garlic Puree



Onion, chopped



Basmati Rice



Sweet Bell Pepper



Green Peas



Lemon



Parsley



Turkish Spice Blend



Garlic Salt



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

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
Sweet Bell Pepper	160 g	320 g
Green Peas	56 g	113 g
Lemon	1	1
Parsley	7 g	7 g
Turkish Spice Blend	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Mayonnaise	4 tbsp	8 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 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 and peas

- Add **1 ¼ cups water** and **garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice** and **peas** to the **boiling water**. 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.



Cook beef

- Reheat the same pan over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef** and **onions**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Add **Turkish Spice Blend**, **remaining garlic puree** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring often, until fragrant, 30 sec.
- Remove from heat, then season with **salt** and **pepper**, to taste.



Prep and make garlic toum sauce

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Roughly chop **parsley**.
- Zest, then juice **half the lemon** (same for 4 ppl). Cut **remaining lemon** into wedges.
- Add **mayo**, **1 tsp lemon juice** and **¼ tsp garlic puree** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Finish rice

- Fluff **rice** with a fork, then stir in **half the parsley** and **¼ tsp lemon zest** (dbl for 4 ppl).



Cook peppers

- Heat a large non-stick pan over medium-high heat.
- When hot, **½ tbsp oil** (dbl for 4 ppl), then **peppers**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Remove from the heat. Transfer **peppers** to a plate, then cover to keep warm.



Finish and serve

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

Dinner Solved!