



Za'atar Beef Bowls

with Hummus and Spiced Rice

Quick

25 Minutes



Ground Beef



Turkish Spice Blend



Za'atar Spice



Hummus



Sweet Bell Pepper



Basmati Rice



Parsley



Onion, chopped



Baby Tomatoes



White Wine Vinegar



Garlic Puree

HELLO ZA'ATAR

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Turkish Spice Blend	1 tbsp	1 tbsp
Za'atar Spice	1 tbsp	2 tbsp
Hummus	57 g	114 g
Sweet Bell Pepper	160 g	320 g
Basmati Rice	¾ cup	1 ½ cup
Parsley	7 g	14 g
Onion, chopped	113 g	227 g
Baby Tomatoes	113 g	227 g
White Wine Vinegar	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 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 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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Cook rice

Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **half the Turkish Spice Blend** and **half the onions**. Cook, stirring often, until **onions** soften slightly, 1-2 min. Add **rice** and cook, stirring often, until toasted, 2-3 min. Add **1 ¾ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Cook peppers

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



Prep

While **rice** cooks, core, then cut **pepper** into ¼-inch pieces. Halve **tomatoes**. Roughly chop **parsley**.



Cook beef

Heat the same pan over medium-high. When hot, add **1 tsp oil** (dbl for 4 ppl), then **beef**, **garlic puree**, **Za'atar Spice**, **remaining Turkish Spice Blend** and **remaining onions**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**



Marinate tomatoes

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



Finish and serve

Fluff **rice** with a fork, then stir in **sautéed peppers** and season with **salt**. Divide **rice** between plates. Top with **Za'atar beef** and **marinated tomatoes**. Dollop **hummus** over top.

Dinner Solved!