



Za'atar Beef Bowls

with Hummus and Spiced Rice

Quick

25 Minutes



Ground Beef



Shawarma Spice Blend



Za'atar Spice



Hummus



Sweet Bell Pepper



Basmati Rice



Parsley



Onion, chopped



Baby Tomatoes



White Wine Vinegar



Garlic Puree



Mayonnaise

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

Ingredients

| | 2 Person | 4 Person |
|----------------------|----------|----------|
| Ground Beef | 250 g | 500 g |
| Shawarma Spice Blend | 1 tbsp | 2 tbsp |
| Za'atar Spice | 1 tbsp | 2 tbsp |
| Hummus | 114 g | 228 g |
| Sweet Bell Pepper | 160 g | 320 g |
| Basmati Rice | ¾ cup | 1½ cups |
| Parsley | 7 g | 7 g |
| Onion, chopped | 113 g | 227 g |
| Baby Tomatoes | 113 g | 227 g |
| White Wine Vinegar | 1 tbsp | 2 tbsp |
| Mayonnaise | 2 tbsp | 4 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 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

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 tsp oil** (dbl for 4 ppl), then **2 tsp Shawarma Spice Blend** (dbl for 4 ppl) 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 ¼ 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. Remove the pot from heat. Set aside, still covered.



Cook peppers

Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring often, until tender-crisp, 4-5 min. Transfer **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**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ** Add **Za'atar Spice**, **half the garlic puree**, **remaining Shawarma Spice Blend** and **remaining onions**. Season with **salt** and **pepper**. Cook, stirring often, until **onions** soften slightly, 2-3 min.



Marinate tomatoes

Whisk together **vinegar**, **2 tsp 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

Stir together **mayo**, **remaining garlic puree** and **1 tsp water** (dbl for 4 ppl) in a small bowl. Fluff **rice** with a fork, then season with **salt** and stir in **peppers**. Divide **rice** between bowls. Top with **za'atar beef** and **marinated tomatoes**. Dollop **hummus** over top. Drizzle with **garlic mayo**.

Dinner Solved!