



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



Onion, chopped



Roma Tomato



White Wine Vinegar



Mayonnaise



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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Shawarma Spice Blend	2 tbsp	4 tbsp
Za'atar Spice	1 tbsp	2 tbsp
Hummus	8 tbsp	16 tbsp
Sweet Bell Pepper	160 g	320 g
Basmati Rice	¾ cup	1 ½ cups
Onion, chopped	113 g	227 g
Roma Tomato	160 g	320 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

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Cook rice

Heat a medium pot over medium heat. When hot, add **½ tbsp 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** to the pot. 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. Once boiling, 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 tbsp 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. Cut **tomatoes** into ¼-inch pieces.



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 tbsp oil** and **¼ tsp sugar** (dbl both for 4 ppl) in a large bowl. Add **tomatoes**. 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. Season with **salt**, then 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!