

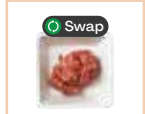


SuperQuick Middle Eastern-Spiced Beef Bowls

with Tahini-Dressed Salad and Spicy Drizzle

Spicy

15 Minutes



Ground Turkey
250 g | 500 g

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Flatbread
2 | 4



Couscous
1/2 cup | 1 cup



Baby Tomatoes
113 g | 227 g



Onion, sliced
56 g | 113 g



Spring Mix
56 g | 113 g



Parsley
7 g | 14 g



Spicy Mayo
4 tbsp | 8 tbsp



Tahini Sauce
2 tbsp | 4 tbsp



Middle Eastern Seasoning
1 tbsp | 2 tbsp



Vegetable Stock Powder
1 tbsp | 2 tbsp

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.

Pantry items | Oil, salt, pepper

Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot

1



Cook couscous and prep

• Before starting, wash and dry all produce.

- Add $\frac{3}{4}$ cup (1 $\frac{1}{2}$ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **vegetable stock powder** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, halve **tomatoes**.
- Pick **parsley leaves**.
- Once boiling, remove from heat, then add **couscous**. Stir to combine. Cover and let stand for 5 min.
- When **couscous** is tender, fluff with a fork.

2



Toast flatbread (optional)

- Heat a large non-stick pan over medium-high heat.
- Brush **flatbreads** with **1 tsp** (1 tsp) **oil**. Season with **salt** and **pepper**.
- When hot, add **flatbreads**. Toast, flipping once, 1-2 min.
- Transfer **flatbreads** to a plate and cover to keep warm. (**TIP**: You can skip this step if you don't want to warm the flatbreads!)

3



Cook beef

🔄 Swap | **Ground Turkey**

- Reheat the same pan over high. When hot, add $\frac{1}{2}$ **tbsp** (1 tbsp) **oil**, then **beef**, **onions** and **Middle Eastern Seasoning**. Season with **salt** and **pepper**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Remove from heat. Add **2 tbsp** (4 tbsp) **water**. Stir to mix.

4



Finish and serve

- Add **spring mix**, **tomatoes** and **tahini sauce** to a large bowl. Season with **salt** and **pepper**. Toss to coat.
- Divide **couscous** and **salad** between bowls.
- Top with **beef**.
- Drizzle **spicy mayo** over top.
- Sprinkle **parsley leaves** over top.
- Tear or cut **flatbread** into wedges and serve alongside.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Cook turkey

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef****

** Cook to a minimum internal temperature of 74°C/165°F.