



Middle Eastern-Inspired Beef Bowls

with Hummus and Savoury Rice

Quick

25 Minutes



Ground Beef



Shawarma Spice Blend



Hummus



Sweet Bell Pepper



Basmati Rice



Yellow Onion



Roma Tomato



White Wine Vinegar



Garlic Puree



Mayonnaise



Parsley



Scan the QR code to download our app.

HELLO SHAWARMA SPICE BLEND

A blend of robust herbs and spices to wake up your taste buds!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

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
Hummus	8 tbsp	16 tbsp
Sweet Bell Pepper	160 g	320 g
Basmati Rice	¾ cup	1 ½ cups
Yellow Onion	113 g	226 g
Roma Tomato	160 g	320 g
White Wine Vinegar	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Parsley	7 g	7 g
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

Call us | (855) 272-7002

HelloFresh.ca

    @HelloFreshCA



Cook rice

- Peel, then cut **onion** into ¼-inch pieces.
- Heat a medium pot over medium heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **half the onions**. Cook, stirring often, until **onions** soften slightly, 1-2 min.
- Add **rice** and **2 tsp** (4 **tsp**) **Shawarma Spice Blend**. Cook, stirring often, until toasted, 2-3 min.
- Add **1 ¼ cups** (2 ½ cups) **water** and bring to a boil over high.
- 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 tsp** (2 **tsp**) **oil**, then **peppers**. Cook, stirring often, until tender-crisp, 4-5 min.
- Transfer **peppers** to a plate. Set aside.



Prep

- Meanwhile core, then cut **pepper** into ¼-inch pieces.
- Cut **tomatoes** into ¼-inch pieces.
- Roughly chop **parsley**.



Cook beef

- Heat the same pan over medium-high.
- When hot, add **1 tsp** (2 **tsp**) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Add **half the garlic puree, remaining Shawarma Spice Blend, remaining onions** and **2 tbsp** (4 **tbsp**) **water**. Season with **salt** and **pepper**. Cook, stirring often, until **onions** soften slightly, 2-3 min.



Marinate tomatoes

- Whisk together **vinegar**, **2 tbsp** (4 **tbsp**) **oil** and **¼ tsp** (½ **tsp**) **sugar** in a large bowl.
- Add **tomatoes** and **parsley**. Season with **salt** and **pepper**, then toss to combine. Set aside.



Finish and serve

- Stir together **mayo, remaining garlic puree** and **1 tsp** (2 **tsp**) **water** in a small bowl.
- Fluff **rice** with a fork, then season with **salt** and stir in **peppers**.
- Divide **rice** between bowls. Top with **spiced beef** and **marinated tomatoes**.
- Drizzle **any remaining dressing** from the bowl over **tomatoes**.
- Dollop **hummus** over top, then drizzle **garlic mayo** over **everything**.

Dinner Solved!