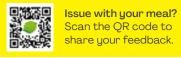


# Middle Eastern-Inspired Beef Bowls

with Hummus and Savoury Rice

Quick

20 Minutes













Shawarma Spice







Sweet Bell Pepper

Basmati Rice





Onion, chopped

Tomato





White Wine Vinegar





Garlic Puree



Zesty Garlic Bread



## Start here

Before starting, wash and dry all produce.

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

#### **Bust out**

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

## Ingredients

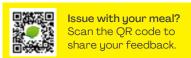
ingi calcines		
	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	250 g	500 g
Shawarma Spice Blend	2 tbsp	4 tbsp
Hummus	8 tbsp	16 tbsp
Sweet Bell Pepper	1	2
Basmati Rice	¾ cup	1 ½ cup
Onion, chopped	56 g	113 g
Tomato	2	4
White Wine Vinegar	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Parsley	7 g	7 g
Zesty Garlic Bread	1 tbsp	2 tbsp
Sugar*	1/4 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.





#### Cook rice

- Heat a medium pot over medium heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **onions**. Cook, stirring often, until **onions** soften slightly, 1-2 min.
- Add rice and 2 tsp (4 tsp) Shawarma Spice Blend and Zesty Garlic 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 from heat. Set aside, still covered.



#### Prep

- Meanwhile core, then cut pepper into 1/4-inch pieces.
- Cut tomatoes into 1/4-inch pieces.
- Roughly chop parsley.



- Whisk together vinegar, 2 tbsp (4 tbsp) oil and 1/4 tsp (1/2 tsp) sugar in a large bowl.
- Add tomatoes and parsley. Season with salt and pepper, then toss to combine. Set aside.



## Cook beef and veggies

- Heat a large non-stick pan over medium-high heat.
- 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, peppers and
  tbsp (4 tbsp) water. Season with salt and pepper.
- Cook, stirring often, until **peppers** soften slightly, 2-3 min.

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**, disregarding instructions to drain fat.\*\*



#### 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.
- 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!**