



Middle Eastern One-Pot Casserole

with Pita and Tzatziki

Quick

25 Minutes



Ground Beef



Middle Eastern Seasoning



Almonds, sliced



Parsley



Garlic Puree



Sultana Raisins



Onion, chopped



Jasmine Rice



Pita Bread



Baby Spinach



Beef Broth Concentrate



Tzatziki



Roma Tomato



Red Wine Vinegar

HELLO HASHWEH

This one-pot casserole is inspired by a traditional hashweh, which can be served as stuffing, a side dish or a main!

Start here

- Before starting, preheat the oven to 400°F.
- Wash and dry all produce.

Bust out

Measuring spoons, aluminum foil, small bowl, measuring cups, large pot, paper towels

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Middle Eastern Seasoning	1 tbsp	2 tbsp
Almonds, sliced	28 g	28 g
Parsley	7 g	7 g
Garlic Puree	1 tbsp	2 tbsp
Sultana Raisins	28 g	56 g
Onion, chopped	113 g	227 g
Jasmine Rice	¾ cup	1 ½ cups
Pita Bread	2	4
Baby Spinach	113 g	227 g
Beef Broth Concentrate	1	2
Tzatziki	56 ml	113 ml
Roma Tomato	80 g	160 g
Red Wine Vinegar	1 tbsp	2 tbsp
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.

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Start casserole

Heat a large pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **beef, onions, garlic puree** and **Middle Eastern Seasoning**. Season with **salt** and **pepper**. Cook, breaking **beef** up into smaller pieces, until no pink remains, 4-5 min. **



Warm pitas

Pat **pitas** on both sides with a damp paper towel, then wrap in foil to create a packet. Place in the **middle** of the oven for 4-5 min, until warmed through.



Cook casserole

Add **raisins, almonds, rice, broth concentrate, ¼ tsp salt** and **1 ½ cups water** (dbl both for 4 ppl) to the pot. Increase heat to medium-high. Season with **pepper**, then stir to combine. Bring to a boil. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 14-16 min.



Finish casserole

When **rice** is tender, stir **spinach** into **beef mixture** to wilt, 1-2 min.



Prep and make tomato salad

While **casserole** cooks, roughly chop **spinach**. Roughly chop **parsley**. Cut **tomatoes** into ¼-inch pieces. Add **parsley, tomatoes, vinegar** and **½ tbsp oil** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then toss to combine.



Finish and serve

Cut **pitas** into wedges. Divide **casserole** between bowls. Spoon **tomato salad** over top. Serve **pitas** on the side with **tzatziki** alongside for dipping.

Dinner Solved!