



Turkish-Spiced Beef

with Pickled Cabbage and Garlic Tzatziki Sauce

30 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set. Happy cooking!

- Ground Beef
- Ground Lamb
- Garlic Puree
- Onion, chopped
- Basmati Rice
- Turkish Spice Blend
- Red Cabbage, shredded
- Lemon
- Parsley
- Green Peas
- Vegetable Broth Concentrate
- Mayonnaise
- Red Wine Vinegar

HELLO TURKISH SPICE

Our Turkish spice is a robust blend of dried mint, paprika, cinnamon, garlic, cumin and cloves!

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Lamb	250 g	500 g
Garlic Puree	1 tbsp	2 tbsp
Onion, chopped	56 g	113 g
Basmati Rice	¾ cup	1 ½ cups
Turkish Spice Blend	1 tbsp	2 tbsp
Red Cabbage, shredded	113 g	226 g
Lemon	1	1
Parsley	7 g	14 g
Green Peas	113 g	227 g
Vegetable Broth Concentrate	1	2
Mayonnaise	2 tbsp	4 tbsp
Red Wine Vinegar	2 tbsp	4 tbsp
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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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Prep

Add **1 ¼ cups water**, **⅛ tsp salt** (dbl both for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat. While **broth** comes to a boil, roughly chop **parsley**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges.



Cook beef

Heat the same pan over medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **beef, onions, Turkish Spice Blend** and **remaining garlic puree**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ** Carefully drain and discard excess fat.

CUSTOM RECIPE

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



Cook rice and make toum

Add **rice** and **peas** to the **boiling broth** and 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. While **rice** cooks, mix **mayo**, **1 tsp lemon juice** and **¼ tsp garlic puree** (dbl both for 4 ppl) in a small bowl. Set aside.



Finish cabbage and rice

Add **half the parsley** to the bowl with **pickled cabbage**. Toss to combine. Fluff **rice** with a fork, then stir in **lemon zest** and **remaining lemon juice**. Season with **salt** and **pepper**.



Pickle cabbage

Heat a large non-stick pan over medium-high heat. When hot, add **cabbage, vinegar, 2 tbsp water** and **1 tsp sugar** (dbl both for 4 ppl). Season with **salt**. Cook, stirring occasionally, until bright pink, 1-2 min. Remove the pan from heat. Transfer **cabbage**, including **pickling liquid**, to a medium bowl. Place in the fridge to cool. Carefully wipe the pan clean.



Finish and serve

Divide **rice** between plates, then top with **pickled cabbage** and **beef**. Sprinkle with **remaining parsley** and dollop with **garlic toum sauce**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!