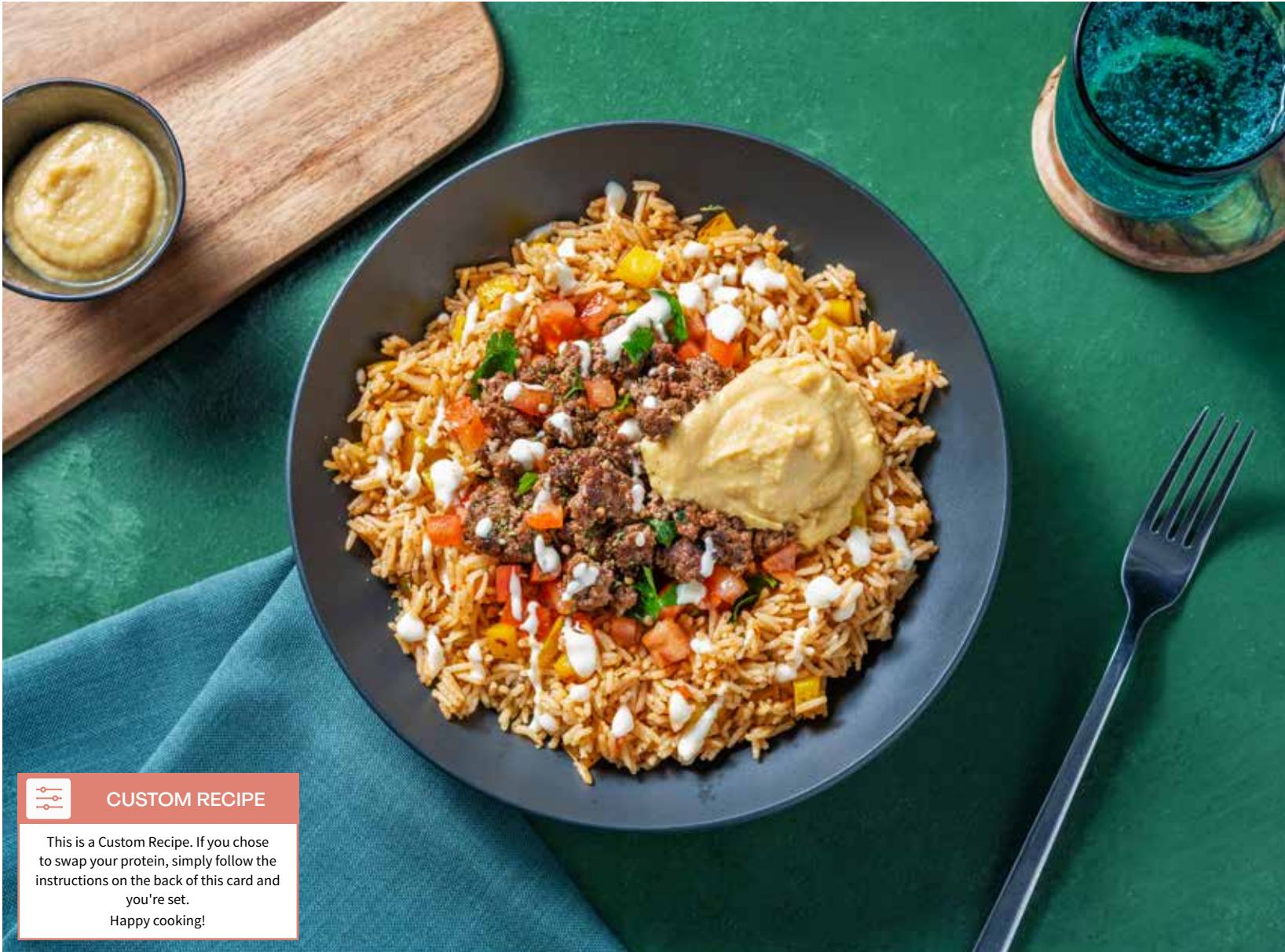




# Za'atar Beef Bowls

with Hummus and Spiced Rice

Quick 25 Minutes



- Ground Beef
- Ground Lamb
- Shawarma Spice Blend
- Za'atar Spice
- Hummus
- Sweet Bell Pepper
- Basmati Rice
- Parsley
- Onion, chopped
- Roma Tomato
- White Wine Vinegar
- Garlic Puree
- Mayonnaise

**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!

## Start here

Before starting, wash and dry all produce.

## 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
Ground Lamb	250 g	500 g
Shawarma Spice Blend	2 tbsp	4 tbsp
Za'atar Spice	1 tbsp	2 tbsp
Hummus	8 tbsp	16 tbsp
Sweet Bell Pepper	160 g	320 g
Basmati Rice	¾ cup	1 ½ cups
Parsley	7 g	7 g
Onion, chopped	113 g	227 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
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.*

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## Cook rice

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



## Prep

While **rice** cooks, 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 oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\* Add **Za'atar Spice**, **half the garlic puree**, **remaining Shawarma Spice Blend** and **remaining onions**. Season with **salt** and **pepper**. Cook, stirring often, until **onions** soften slightly, 2-3 min.



## Marinate tomatoes


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



## Finish and serve

Stir together **mayo**, **remaining garlic puree** and **1 tsp water** (dbl for 4 ppl) in a small bowl. Fluff **rice** with a fork, then season with **salt** and stir in **peppers**. Divide **rice** between bowls. Top with **za'atar beef** and **marinated tomatoes**. Dollop **hummus** over top. Drizzle with **garlic mayo**.

## Dinner Solved!

**CUSTOM RECIPE**

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