



MIDDLE EASTERN STEAK BOWLS

with Spiced Basmati Rice, Roasted Veggies & Lemon Garlic Yogurt Sauce

INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Middle Eastern
Spiced Steak



1 TBSP | 2 TBSP
Shawarma
Spice Blend



1 | 1
Yellow Onion



2 | 4
Scallions



1 | 2
Roma Tomato



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



½ Cup | 1 Cup
Basmati Rice



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



1 | 2
Zucchini



1 tsp | 1 tsp
Garlic Powder



1 | 2
Lemon

HELLO

YOGURT SAUCE

A cooling, creamy, tangy topping infused with fresh lemon zest for brightness



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 740



CHECK ON IT

There's no need to add oil to your pan before toasting the almonds in step 4—the heat brings out their natural oils for crunchier texture and deep, roasty flavor. Pro tip: Nuts can burn quickly, so keep a close eye on them and stir often for perfectly golden results.

BUST OUT

- Zester
- Baking sheet
- Small pot
- Large pan
- 2 Small bowls
- Kosher salt
- Black pepper
- Sugar ($\frac{1}{4}$ tsp | $\frac{1}{2}$ tsp)
- Olive oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics
with us @HelloFresh

(646) 846-3663
[HelloFresh.com](https://www.hellofresh.com)



1 PREP

- Preheat oven to 425 degrees. **Wash and dry all produce.**
- Trim and halve **zucchini** lengthwise; cut crosswise into $\frac{1}{2}$ -inch-thick half-moons. Halve, peel, and cut **onion** into $\frac{1}{2}$ -inch-thick wedges; mince a few wedges until you have 2 TBSP. Cut **tomato** into 6 wedges. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**.
- **4 SERVINGS:** Mince a few onion wedges until you have 4 TBSP. Zest 1 lemon and quarter both.



4 TOAST NUTS & MAKE SAUCE

- While rice cooks, add **almonds** to a large, dry pan; heat over medium-high heat. Cook, stirring, until golden brown and toasted, 3-4 minutes. Remove from heat and transfer almonds to a small bowl.
- In a separate small bowl, combine **yogurt**, **sour cream**, $\frac{1}{4}$ tsp **sugar**, and $\frac{1}{4}$ tsp **garlic powder** (add more if desired). Add as much **lemon zest** as you like. Season with **salt** and **pepper**.
- **4 SERVINGS:** Use $\frac{1}{2}$ tsp **sugar** and $\frac{1}{2}$ tsp **garlic powder**.



2 ROAST VEGGIES

- Toss **zucchini**, **onion wedges**, and **tomato** on a baking sheet with a large drizzle of **olive oil**, **1 tsp Shawarma Spice** (you'll use the rest in the next step), **salt**, and **pepper**.
- Roast, tossing halfway through, until veggies are tender, 20-25 minutes.
- **4 SERVINGS:** Use 2 tsp **Shawarma Spice**.



5 COOK STEAK

- Season **steak*** with **salt** and **pepper**.
- Heat a drizzle of **olive oil** in pan used for almonds over medium-high heat. Add steak and cook to desired doneness, 4-7 minutes per side. Turn off heat.
- Transfer steak to a cutting board. Let rest at least 5 minutes.



3 COOK RICE

- Meanwhile, melt **1 TBSP butter** in a small pot over medium-high heat. Add **minced onion**, **scallion whites**, remaining **Shawarma Spice**, and a pinch of **salt**. Cook, stirring, until fragrant, 1 minute.
- Stir in **rice**, $\frac{3}{4}$ cup **water**, and a big pinch of **salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.
- **4 SERVINGS:** Use 2 TBSP **butter**, a **medium pot**, and **1½ cups water**.



6 FINISH & SERVE

- Fluff **rice** with a fork. Season with **salt** and **pepper**; stir in half the **almonds** and half the **scallion greens**. Slice **steak** against the grain.
- Divide rice between bowls. Top with **veggies** and sliced steak. Dollop with **yogurt sauce** and sprinkle with remaining almonds and scallion greens. Serve with **lemon wedges** on the side.

* Steak is fully cooked when internal temperature reaches 145°.