



Cal Smart Beef and Bulgur Salad

with Pickled Cabbage and Herbed Garlic Sauce

Calorie Smart

30 Minutes



Ground Beef



Bulgur Wheat



Arugula and Spinach Mix



Red Cabbage, shredded



Parsley



Roma Tomato



Garlic, cloves



Greek Yogurt



Red Wine Vinegar



Tahini



Shawarma Spice Blend



Chicken Stock Powder

HELLO SHAWARMA SPICE BLEND

Our Shawarma Spice Blend is a unique blend of smoky, sweet and delicious!

Start here

Wash and dry all produce.

Garlic Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Bulgur Wheat	½ cup	1 cup
Arugula and Spinach Mix	113 g	226 g
Red Cabbage, shredded	113 g	226 g
Parsley	7 g	14 g
Roma Tomato	80 g	160 g
Garlic, cloves	2	4
Greek Yogurt	50 ml	100 ml
Red Wine Vinegar	3 tbsp	6 tbsp
Tahini	2 tbsp	4 tbsp
Shawarma Spice Blend	1 tbsp	2 tbsp
Chicken Stock Powder	1 tbsp	2 tbsp
Unsalted Butter*	½ tbsp	1 tbsp
Sugar*	2 ¼ tsp	4 ½ tsp
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.

Contact

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Cook bulgur

- Add **stock powder**, **¾ cup water** and **½ tbsp butter** (dbl both for 4 ppl) to a small pot. Cover and bring to a boil over high heat.
- Once boiling, add **bulgur**. Stir to combine, then cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Fluff **bulgur** with a fork.



Make herbed garlic sauce

- Add **half the yogurt** (use all for 4 ppl), **half the parsley**, **remaining tahini**, **¼ tsp sugar**, **1 tbsp water** (dbl both for 4 ppl) and **¼ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) (**TIP:** For a lighter sauce consistency, add more water, 1-2 tbsp at a time, if desired.)
- Season with **salt** and **pepper**, then whisk to combine.



Pickle cabbage

- Meanwhile, add **cabbage**, **2 tbsp vinegar**, **⅓ cup water** and **2 tsp sugar** (dbl all for 4 ppl) to a medium pot. Season with **salt**. Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove the pot from heat. Transfer **cabbage**, including **pickling liquid**, to a medium bowl. Place in the fridge to cool.



Cook beef

- Heat a large non-stick pan over medium-high heat.
- When hot, add **beef** to the dry pan. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. **
- Add **Shawarma Spice Blend**, **remaining garlic** and **2 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until fragrant, 1 min.



Prep

- Cut **tomato** into ½-inch pieces.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Add **remaining vinegar** and **half the tahini** to a large bowl. Season with **salt** and **pepper**, then stir to combine.
- Add **tomatoes** and **arugula and spinach mix**. (**NOTE:** Do not toss until step 6!)



Finish and serve

- Fluff **bulgur** with a fork, then stir in **remaining parsley**.
- Drain **pickled cabbage**, discarding liquid.
- Add **cabbage** and **bulgur** to bowl with **prepped salad**. Toss to combine.
- Divide **salad** between plates. Top with **beef**.
- Dollop **herbed garlic sauce** over top.

Dinner Solved!