



Mediterranean Beef and Zucchini Ribbons

with Blistered Tomatoes, Spinach and Almonds

Carb Smart

25 Minutes



Ground Beef



Italian Seasoning



Zucchini



Baby Tomatoes



Almonds, sliced



Garlic



Lemon



Tahini



Baby Spinach

HELLO DIY ZUCCHINI RIBBONS

All you need is a peeler to create beautiful tender zucchini ribbons!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Baking sheet, vegetable peeler, microplane/zester, measuring spoons, large bowl, parchment paper, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Italian Seasoning	1 tbsp	2 tbsp
Zucchini	400 g	800 g
Baby Tomatoes	113 g	227 g
Almonds, sliced	28 g	56 g
Garlic	6 g	12 g
Lemon	1	1
Tahini	2 tbsp	4 tbsp
Baby Spinach	56 g	113 g
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Roast tomatoes

Add **tomatoes** and **½ tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, until **tomatoes** are blistered, 12-14 min.



Prep

While the **tomatoes** roast, cut **zucchini** in half lengthwise. Using a vegetable peeler, peel the **zucchini** into long ribbons. Add **zucchini ribbons** to a large bowl. Peel, then finely mince or grate **garlic**. Zest and juice **lemon**.



Toast almonds

Heat a large non-stick pan over medium-high heat. When pan is hot, add **almonds**. Toast, tossing occasionally until golden, 2-3 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.



Make dressing

While the **almonds** toast, stir together **tahini**, **half the garlic**, **lemon zest**, **1 tsp lemon juice**, **¼ tsp sugar**, **2 tbsp water** and **1 tbsp oil** (dbl all for 4 ppl) in a small bowl. Season with **salt** and **pepper**.



Cook beef

Return the same pan (from step 3) to medium-high. Add **½ tbsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up into smaller pieces, until no pink remains, 3-4 min.** Drain any **excess fat**, then return pan to heat. Add **remaining garlic** and **Italian Seasoning**, then season with **salt** and **pepper**. Cook, stirring, until **garlic** is fragrant, 1-2 min.



Finish and serve

Pat **zucchini ribbons** dry with paper towels, then add **spinach**. Drizzle **half the dressing** over top, then toss to coat. Divide **zucchini** and **spinach** between plates. Top with **beef** and **blistered tomatoes**. Drizzle **remaining dressing** over top. Sprinkle with **toasted almonds**.

Dinner Solved!