



Middle Eastern-Inspired Beef Bowls

with Hummus and Savoury Rice

Quick

20 Minutes



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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 Turkey



Shawarma Spice Blend



Hummus



Sweet Bell Pepper



Basmati Rice



Onion, chopped



Tomato



White Wine Vinegar



Garlic Puree



Mayonnaise



Parsley



Zesty Garlic Bread

HELLO SHAWARMA SPICE BLEND

A blend of robust herbs and spices to wake up your taste buds!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

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 Turkey	250 g	500 g
Shawarma Spice Blend	2 tbsp	4 tbsp
Hummus	8 tbsp	16 tbsp
Sweet Bell Pepper	1	2
Basmati Rice	¾ cup	1 ½ cup
Onion, chopped	56 g	113 g
Tomato	2	4
White Wine Vinegar	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Parsley	7 g	7 g
Zesty Garlic Bread	1 tbsp	2 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.

1



Cook rice

- Heat a medium pot over medium heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **onions**. Cook, stirring often, until **onions** soften slightly, 1-2 min.
- Add **rice** and **2 tsp** (4 **tsp**) **Shawarma Spice Blend** and **Zesty Garlic Spice Blend**. Cook, stirring often, until toasted, 2-3 min.
- Add **1 ¼ cups** (2 ½ cups) **water** and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

4



Cook beef and veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp** (2 **tsp**) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Add **half the garlic puree**, **remaining Shawarma Spice Blend**, **peppers** and **2 tbsp** (4 **tbsp**) **water**. Season with **salt** and **pepper**.
- Cook, stirring often, until **peppers** soften slightly, 2-3 min.

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**, disregarding instructions to drain fat.**

2



Prep

- Meanwhile core, then cut **pepper** into ¼-inch pieces.
- Cut **tomatoes** into ¼-inch pieces.
- Roughly chop **parsley**.

3



Marinate tomatoes

- Whisk together **vinegar**, **2 tbsp** (4 **tbsp**) **oil** and ¼ **tsp** (½ **tsp**) **sugar** in a large bowl.
- Add **tomatoes** and **parsley**. Season with **salt** and **pepper**, then toss to combine. Set aside.

5



Finish and serve

- Stir together **mayo**, **remaining garlic puree** and **1 tsp** (2 **tsp**) **water** in a small bowl.
- Fluff **rice** with a fork, then season with **salt**.
- Divide **rice** between bowls. Top with **spiced beef** and **marinated tomatoes**.
- Drizzle **any remaining dressing** from the bowl over **tomatoes**.
- Dollop **hummus** over top, then drizzle **garlic mayo** over everything.

Dinner Solved!



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