



**GREEN
CHEF**

MIDDLE EASTERN-STYLE BEEF BOWLS

rice pilaf, zucchini, red peppers, feta, spiced yogurt

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

810

MENU

GLUTEN-FREE

Earthy cumin, savory-sweet roasted red peppers, and piquant feta cheese are all Middle Eastern staples—and tonight they add layers of flavor to loaded beef and veggie bowls. Dusted in a spicy cumin-allspice blend, ground beef is pan-seared with zucchini and roasted peppers, then sprinkled with feta. It's all piled over almond-studded rice pilaf and finished with creamy cardamom-spiced yogurt. Kick up the heat with a final drizzle of Cholula sauce.

INGREDIENTS (11 ITEMS)

1 whole **Vegetable stock concentrate**
 ½ cup **Basmati rice**
 ¼ tsp **Turmeric**
 1 whole **Zucchini**
 ½ oz **Roasted almonds** T
 10 oz **Ground beef***
 1¾ tsp **Spicy cumin-allspice blend**
 1 oz **Roasted red peppers**
 2 oz **Feta cheese** M
 1¾ oz **Cardamom-spiced Greek yogurt** M
 1 tsp **Cholula sauce**



CUSTOM CHEF

If you chose to modify your meal, follow the **Custom Chef** instructions on the flip side of this card.



10 oz Organic ground beef

Calories: 820

*Ground beef is fully cooked when internal temperature reaches 160 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

WHAT YOU'LL NEED

small pot with lid
 large sauté pan
 measuring cup & spoons
 thermometer
 cooking oil
 1 tbsp butter M
 salt & pepper

ALLERGENS

T TREE NUTS (almonds)

M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

1 COOK RICE

- Bring 1¼ cups water, **vegetable stock concentrate**, and about ¼ teaspoon salt to a boil in a small pot. Add **basmati rice** and **turmeric**. Stir, then return to a boil. Reduce heat to medium low. Cover pot with lid. Simmer 16 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. (You'll finish the rice in Step 4.)

COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Trim ends from **zucchini***. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ½ inch thick.
- Roughly chop **roasted almonds**.

*The ingredient you received may be a different color.

3 COOK BEEF & VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **zucchini** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until zucchini begins to soften, stirring occasionally.
- Add **ground beef**. Season with **spicy cumin-allspice blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 4-5 minutes, or until beef is fully cooked, breaking up beef into pieces.
- Add **roasted red peppers**. Cook 1-2 minutes, or until peppers are warmed through, stirring occasionally.
- Remove from heat. Add about half the **feta cheese**. Stir to combine.

🔄 Swap in **organic ground beef** for ground beef.

4 FINISH RICE PILAF

- Fluff **rice** with a fork. Add **almonds** and 1 tablespoon butter. Stir until butter has melted. Season with salt and pepper to taste.*

*Taste the rice pilaf after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.

5 PLATE YOUR DISH

- Divide **rice pilaf** between bowls. Top with **Middle Eastern-style beef and veggies**. Drizzle with **cardamom-spiced Greek yogurt** and **Cholula sauce** to taste (or omit). Sprinkle with remaining **feta cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (406g)

Amount per serving

Calories 810

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 18g	90%
Trans Fat 1.5g	
Cholesterol 140mg	47%
Sodium 1660mg	72%
Total Carbohydrate 53g	19%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 229mg	20%
Iron 4mg	20%
Potassium 923mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Ground Beef [beef], **Turmeric**, **Basmati Rice** [basmati rice], **Zucchini**, **Roasted Red Peppers** [bell pepper], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Spicy Cumin-Allspice Blend** (Ground Cumin, Granulated Garlic, Onion Powder, Ground Coriander, Ground Cayenne Pepper, Allspice [pimento]), **Cardamom Greek Yogurt** (Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Ground Cardamom, Ground Cayenne Pepper, Granulated Garlic, Sea Salt, Black Pepper, Lemon Juice [lemon]), **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Almonds** [almonds]

Allergen information:

Contains Tree Nuts And Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

