



# Loaded Shawarma Beef Bowl

with Feta & Pickled Onion Cucumber Salad

HALL OF FAME

Grab your meal kit with this number

3



Garlic



Jasmine Rice



Onion



Flaked Almonds



Cucumber



Carrot



Baby Leaves



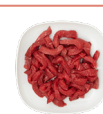
Beef Strips



Chermoula Spice Blend



Cow's Milk Feta



Beef Strips



Greek-Style Yoghurt

Prep in: 20-30 mins  
Ready in: 30-40 mins

This chermoula-spiced beef shawarma bowl celebrates Middle Eastern cuisine in the best ways possible. Fluffy garlic rice provides a hearty, flavourful base while a zesty pickled onion salad adds a burst of zing to balance things out. Here's to big flavour with minimal effort!

### Pantry items

Olive Oil, Butter, White Wine Vinegar, Honey

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	40g	80g
jasmine rice	1 medium packet	1 large packet
<b>water*</b>	1 ¼ cups	2 ½ cups
onion	½	1
<b>white wine vinegar*</b>	¼ cup	½ cup
flaked almonds	1 packet	2 packets
cucumber	1 (medium)	1 (large)
carrot	1	2
baby leaves	1 small packet	1 medium packet
beef strips	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
<b>honey*</b>	1 tbs	2 tbs
cow's milk feta	½ packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3491kJ (834Cal)	606kJ (145Cal)
Protein (g)	51.4g	8.9g
Fat, total (g)	34.7g	6g
- saturated (g)	16.4g	2.8g
Carbohydrate (g)	79.1g	13.7g
- sugars (g)	10.8g	1.9g
Sodium (mg)	1604mg	278mg
Dietary Fibre (g)	8.9g	1.5g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



## 1 Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat half the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## 4 Cook the beef

- Return frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Remove pan from heat, add the **honey** and remaining **butter** and toss to coat.

**TIP:** Cooking the meat in batches over a high heat helps it stay tender.



## 2 Make the pickled onion

- Meanwhile, thinly slice **onion** (see ingredients). In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch sliced **onion** in your hands, then add it to **pickling liquid**. Add enough **water** to just cover onion. Set aside.



## 5 Make the salad

- Drain **pickled onion**.
- In a medium bowl, combine **cucumber**, **carrot**, **baby leaves**, **pickled onion** and a drizzle of **olive oil**. Season to taste.



## 3 Get prepped

- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.
- Finely chop **cucumber**. Grate **carrot**. Roughly chop **baby leaves**.
- Discard any liquid from **beef strips** packaging.
- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. In a large bowl, combine **beef strips**, **chermoula spice blend** and a drizzle of **olive oil**.



## 6 Serve up

- Divide garlic rice between bowls.
- Top with shawarma beef and pickled onion cucumber salad.
- Crumble over **cow's milk feta** (see ingredients) and sprinkle over toasted almonds to serve. Enjoy!

### CUSTOM OPTIONS



#### DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



#### ADD GREEK-STYLE YOGHURT

Dollop on top before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

