

Greek-Style Beef Bowl

with Veggie-Loaded Rice & Garlic Yoghurt

MEDITERRANEAN

Grab your meal kit with this number

35



Garlic



Jasmine Rice



Chicken-Style Stock Powder



Lemon



Tomato



Cucumber



Baby Leaves



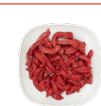
Beef Strips



Garlic & Herb Seasoning



Greek-Style Yoghurt




Beef Strips



Chicken Breast

Prep in: 20-30 mins
Ready in: 40-50 mins

 Protein Rich

 Calorie Smart

Beef and veggies can get a little tiresome, but we bet with this new twist, everyone at the table will be wanting a second helping. With flavours of garlic, a cooling yoghurt dolloped on top of an array of veggies and rice, it can be confirmed that beef and veggies are back in the good books!

Pantry items

Olive Oil, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling 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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
lemon	½	1
tomato	1	2
cucumber	1 (medium)	1 (large)
baby leaves	1 small packet	1 medium packet
beef strips	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1938kJ (463cal)	235kJ (56cal)
Protein (g)	38.9g	4.7g
Fat, total (g)	15.5g	1.9g
- saturated (g)	4.7g	0.6g
Carbohydrate (g)	36.2g	4.4g
- sugars (g)	9.1g	1.1g
Sodium (mg)	950mg	115.4mg
Dietary Fibre (g)	8.8g	1.1g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat a generous drizzle of **olive oil** over medium-high heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and bring to the boil.
- Add **jasmine rice** and **chicken-style stock powder**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat and keep covered until rice is tender and all 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

- When the rice has **5 minutes** remaining, return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches until browned and cooked through, **1-2 minutes**.
- Remove the pan from heat, then add the **honey**, tossing **beef** to coat.

2



Get prepped

- While the rice is cooking, zest **lemon** to get a pinch, then slice into wedges.
- Roughly chop **tomato**, **cucumber** and **baby leaves**.
- In a medium bowl, combine **beef strips**, **garlic & herb seasoning** and a drizzle of **olive oil**. Season with **salt** and set aside.

5



Bring it all together

- In a large bowl, combine **tomato**, **cucumber**, **baby leaves**, **garlic rice**, **lemon zest**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Stir to combine. Season with **salt** and **pepper**.

3



Make the garlic yoghurt

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook remaining **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste. Set aside.

6



Serve up

- Divide veggie-loaded rice between bowls.
- Top with Greek-style beef strips and dollop with garlic yoghurt to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



CUSTOM OPTIONS

+ DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

↻ SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

