



Shawarma-Style Beef & Garlic Rice Bowl

with Radish Salad & Hummus Yoghurt

NEW

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Cucumber



Radish



Tomato



Middle Eastern Seasoning



Parsley



Beef Strips



Hummus



Greek-Style Yoghurt



Chicken Breast Strips

Prep in: 25-35 mins
Ready in: 30-40 mins



Calorie Smart



Eat Me Early*

*Custom Recipe only

Wam, bam and shwam! A new hero is here to vanquish dinner time hassle, it's a shawarma beef on a bed of fluffy garlic rice. Its secret superpower, that is a sure-fire win, is the yoghurt hummus dolloped on top. Three cheers for this dish!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Rice Wine)

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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	3 cloves	6 cloves
basmati rice	1 packet	1 packet
water*	1 ½ cups	3 cups
cucumber	1 (medium)	1 (large)
radish	2	4
tomato	1	2
beef strips	1 packet	1 packet
Middle Eastern seasoning	1 sachet	2 sachets
hummus	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	drizzle	drizzle
parsley	1 bag	1 bag
chicken breast strips**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2547kJ (609Cal)	563kJ (135Cal)
Protein (g)	40.2g	8.9g
Fat, total (g)	14.4g	3.2g
- saturated (g)	5g	1.1g
Carbohydrate (g)	77.7g	17.2g
- sugars (g)	8.4g	1.9g
Sodium (mg)	690mg	152mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2544kJ (608Cal)	522kJ (125Cal)
Protein (g)	40.7g	8.3g
Fat, total (g)	14g	2.9g
- saturated (g)	4.1g	0.8g
Carbohydrate (g)	77.7g	15.9g
- sugars (g)	8.4g	1.7g
Sodium (mg)	739mg	152mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW07



1



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1 minute**.
- Add **basmati 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 **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 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 medium-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 from heat, return all **beef** to the pan, then add the **honey** and toss to combine. Season with **salt** and **pepper**.

Custom Recipe: Heat the frying pan over medium-high heat with a drizzle of olive oil. Cook chicken until browned and cooked through, 3-4 minutes each side. Remove pan from heat, then add the honey as above.

2



Get prepped

- Meanwhile, thinly slice **cucumber** and **radish**.
- Roughly chop **tomato**.
- In a medium bowl, combine **beef strips**, **Middle Eastern seasoning**, a pinch of **salt** and a drizzle of **olive oil**.

Custom Recipe: If you've swapped to chicken breast strips, flavour chicken in the same way as the beef.

5



Toss the salad

- Meanwhile, combine **cucumber**, **radish**, **tomato** and a drizzle of **vinegar** and **olive oil** in a second medium bowl. Season to taste.

3



Make the hummus yoghurt

- In a large frying pan, heat a drizzle of **olive oil** and remaining **garlic** over medium-high heat. Cook until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl.
- Add **hummus** and **Greek-style yoghurt** to the **garlic oil** and stir to combine. Season with **salt** and **pepper** and set aside.

6



Serve up

- Divide garlic rice between bowls.
- Top with radish salad and Shawarma-style beef.
- Dollop with hummus yoghurt and tear over **parsley** to serve. Enjoy!

Rate your recipe

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