



## Turkish Pilau with Plant-Based Ground

with Apricots & Tzatziki



30-40min



2 Servings

On busy nights one-pot dinners reign supreme, and this one has it all! We take inspiration from Turkish-style pilau, which encompasses a variety of rice-based dishes. Basmati rice bakes with crumbled Impossible patties, crisp green beans, and sweet dried apricot until the grains are tender. But, the deliciousness doesn't stop there; pre-made tzatziki adds a creamy element, along with fresh mint and pistachios for crunch.



## What we send

- ½ lb green beans
- 1 yellow onion
- 2 oz dried apricots <sup>17</sup>
- 1 oz salted pistachios <sup>15</sup>
- ½ lb pkg Impossible patties <sup>6</sup>
- 5 oz basmati rice
- ¼ oz warm spice blend
- 1 pkt vegetable broth concentrate
- ¼ oz fresh mint
- 4 oz tzatziki <sup>7,15</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- medium ovenproof skillet

## Allergens

Soy (6), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 850kcal, Fat 33g, Carbs 110g, Protein 34g



### 1. Prep ingredients

Preheat oven to 400°F with a rack in the center. Trim **green beans**, then cut or snap into 1-inch pieces. Coarsely chop **onion**, **apricots**, and **pistachios**, keeping them separate.



### 2. Sauté onions

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **onions** and season with **salt** and **pepper**. Cook, stirring occasionally, until slightly softened and lightly browned, 2-3 minutes.



### 3. Brown plant-based ground

Push **onions** to outer edges of skillet, then add **Impossible patties** and season with **salt** and **pepper**. Break plant-based ground up into large pieces, then cook, undisturbed, until plant-based ground is deeply browned underneath, 4-5 minutes.



### 4. Add rice & green beans

Stir **rice**, **green beans**, and **1 teaspoon warm spice blend** into skillet with **onions** and **plant-based ground**, scraping up any browned bits from bottom. Stir in **broth concentrate**, **apricots**, **1½ cups water**, and **¾ teaspoon salt**. Bring to a boil over high heat.



### 5. Bake pilau

Cover pot, then transfer to center oven rack. Bake until liquid is absorbed, **rice** is tender, and **plant-based ground** is warmed through, about 17 minutes. Fluff rice with a fork. Season to taste with **salt** and **pepper**.



### 6. Finish & serve

Coarsely chop **mint leaves**; discard stems. Stir mint into **rice** and season to taste with **salt** and **pepper**. Slightly thin **tzatziki** by stirring in **1 teaspoon water** at a time, if necessary, then drizzle over **pilau** and sprinkle **pistachios** on top. Enjoy!