



Turkish Beef Pilau

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 ground beef, onions, 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 (1 oz) dried apricots ¹²
- 1 oz salted pistachios ¹⁵
- 10 oz pkg grass-fed ground beef
- 5 oz basmati rice
- ¼ oz warm spice blend
- 1 pkt turkey broth concentrate
- ¼ oz fresh mint
- 4 oz tzatziki ^{7,15}

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium ovenproof skillet

Allergens

Milk (7), Sulphur dioxide and sulphites (12), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 860kcal, Fat 36g, Carbs 83g, Protein 42g



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 beef

Push **onions** to outer edges of skillet, then add **beef** and season with **salt** and **pepper**. Break meat up into large pieces, then cook, undisturbed, until beef 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 **beef**, scraping up any browned bits from bottom. Stir in **broth concentrate**, **apricots**, **1 ½ cups water**, and **¾ teaspoon salt**. Bring to a boil over high heat.



5. Bake pilau

Cover skillet, then transfer to center oven rack. Bake until liquid is absorbed, **rice** is tender, and **beef** is cooked 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!