

# DINNERLY



## Baharat-Spiced Beef & Hummus Bowls with Cucumber-Tomato Salad & Rice Pilaf



30-40min



2 Servings

As far as we're concerned, hummus should be its own food group. It's a dip, a spread, a base for baharat-spiced beef bowls, the list goes on. So join us in celebrating the one and only filling, flavorful, versatile hummus with a bowl piled high with rice pilaf, spiced beef, and cucumber-tomato salad all set upon a base of—you guessed it—hummus. We've got you covered!

### WHAT WE SEND

- 1 yellow onion
- ¼ oz baharat spice blend <sup>11</sup>
- 5 oz jasmine rice
- 1 plum tomato
- 1 cucumber
- 10 oz pkg grass-fed ground beef
- 4 oz hummus <sup>11</sup>

### WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

### TOOLS

- small saucepan
- medium skillet

### ALLERGENS

Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 1000kcal, Fat 50g, Carbs 84g, Protein 39g



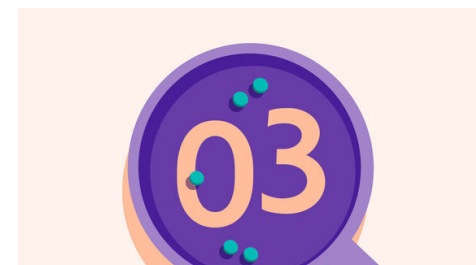
#### 1. Begin rice

Finely chop **onion**. Finely chop **2 large garlic cloves**. In a small saucepan, heat **1 tablespoon oil** over medium heat. Add **⅓ of the onions** and **a pinch of salt**. Cook, stirring occasionally, until onions are softened, about 5 minutes. Add **half of the garlic** and **½ teaspoon baharat**; cook until fragrant.



#### 2. Cook rice

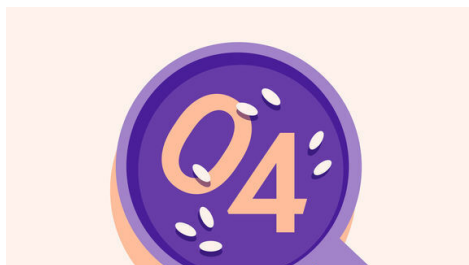
Add **rice** to saucepan and cook, stirring occasionally, until grains are translucent, 2–3 minutes. Add **1¼ cups water** and **½ teaspoon salt**. Bring to a boil over high heat. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



#### 3. Make salad

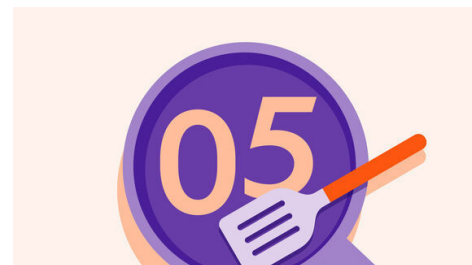
Cut **tomato** into ½-inch pieces. Peel **cucumber** if desired; halve lengthwise, then scoop out seeds. Cut half into ½-inch pieces (save rest for own use).

In a medium bowl, toss **tomatoes, cucumbers**, and **half of the remaining onions** with **½ tablespoon vinegar** and **1 tablespoon oil**; season to taste with **salt** and **pepper**. Set aside until ready to serve.



#### 4. Cook aromatics

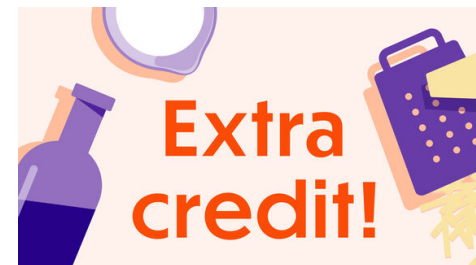
In a medium skillet, heat **1 tablespoon oil** over medium heat. Add **remaining onions** and **a pinch of salt**. Cook, stirring occasionally, until softened, 4–5 minutes. Add **remaining garlic** and **1 teaspoon baharat**; cook until fragrant, about 30 seconds. Add **beef**; increase heat to medium-high.



#### 5. Finish & serve

Cook **beef**, breaking up meat with a spoon, until browned in spots and cooked through, about 5 minutes. Add **2 tablespoons water** to skillet. Cook, scraping bottom of skillet to dissolve browned bits, until liquid is absorbed, 1–2 minutes. Season to taste with **salt** and **pepper**.

Divide **hummus, rice, salad**, and **beef** between bowls. Enjoy!



#### 6. Check us out!

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