



## Middle Eastern Beef Ragù with Buttery Orzo



30-40min



2 Servings

Warning: Major cozy vibes ahead. We're talking about hearty, stick-to-your-ribs, tasty filling food. This grass-fed ground beef ragù is full of warm spices and sweet carrots simmered in rich tomato sauce. It tastes as good as your favorite blanket feels. We've got you covered!

### WHAT WE SEND

- 2 carrots
- 2 scallions
- ¼ oz baharat spice blend <sup>11</sup>
- 8 oz tomato sauce
- 2 (3 oz) orzo <sup>1</sup>
- 10 oz pkg grass-fed ground beef

### WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- butter <sup>7</sup>
- olive oil

### TOOLS

- medium saucepan
- large skillet

### ALLERGENS

Wheat (1), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 890kcal, Fat 35g, Carbs 90g, Protein 43g



#### 1. Prep ingredients

Bring a medium saucepan of **salted water** to a boil (If it boils before you're ready to cook orzo in step 5, cover with a lid and reduce heat slightly).

Scrub **carrots**; halve lengthwise and thinly slice into half moons. Finely chop 2 **teaspoons garlic**. Trim **scallions**, then thinly slice.



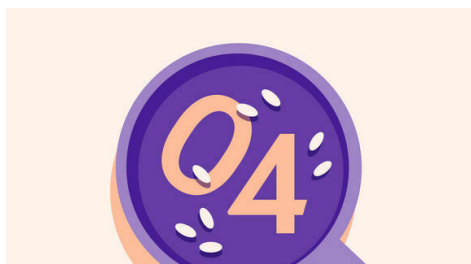
#### 2. Cook beef

Heat 1 **tablespoon oil** in a large skillet over medium-high. Add **beef** and season with **salt** and **pepper**. Cook, breaking up into large pieces, until well browned, 3–5 minutes (it won't be cooked through). Drain **all but 1 tablespoon fat**, if necessary.



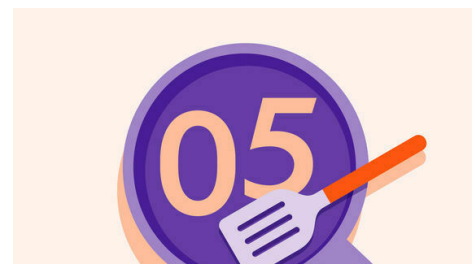
#### 3. Add veggies & aromatics

Add **baharat**, **carrots**, **chopped garlic**, **all but 2 tablespoons of the scallions**, and a **pinch each of salt and pepper**. Cook over medium heat, stirring, until veggies are softened and beef is cooked through, 2–3 minutes.



#### 4. Simmer beef ragù

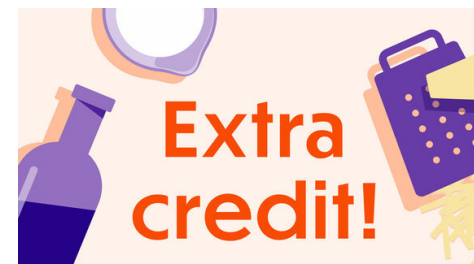
Add **tomato sauce** and 1 **cup water**. Bring to a simmer. Cook over medium-high heat, stirring occasionally, until sauce is thickened and **carrots** are tender, 8–10 minutes. Season to taste with **salt** and **pepper**.



#### 5. Cook orzo & serve

Return **salted water** in saucepan to a boil, if necessary. Add **orzo**; cook, stirring occasionally to prevent sticking, until al dente, 8–9 minutes. Drain and return orzo to saucepan off heat; toss with 2 **tablespoons butter**. Season to taste with **salt** and **pepper**.

Serve **beef ragù** over **orzo** sprinkled with **remaining scallions**. Enjoy!



#### 6. Top it off!

Serve this hearty dish topped with a quick homemade mint yogurt for a cool finish. Combine plain yogurt, fresh chopped mint, a splash of lemon juice, and even golden raisins if you're feeling adventurous.