

DINNERLY



Lebanese Beef Bowl

with Seared Zucchini & Spiced Pilaf



under 20min



2 Servings

The warming flavors of baharat spice make this beef bowl feel like the coziest hug. Sweet golden raisins balance the ultra-savoriness of this dish, and a sprinkle of almonds adds a perfectly nutty crunch. Just throw in gyro-spiced rice and quickly seared zucchini to complete the meal. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- ¼ oz gyro spice
- 2 zucchini
- 1 oz salted almonds ³
- 1 oz golden raisins ²
- 10 oz pkg grass-fed ground beef
- ¼ oz baharat spice blend ¹

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic
- apple cider vinegar
- sugar

TOOLS

- small saucepan
- microwave
- medium nonstick skillet

ALLERGENS

Sesame (1), Sulphites (2), Tree Nuts (3).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

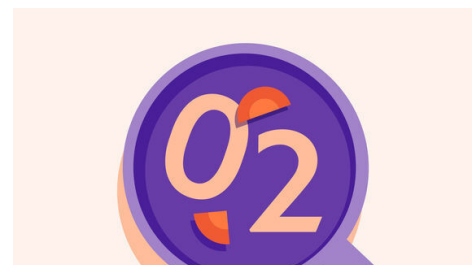
Calories 890kcal, Fat 38g, Carbs 84g, Protein 39g



1. Cook rice

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **rice** and **1½ teaspoons gyro spice**; cook, stirring, until rice is toasted, about 2 minutes.

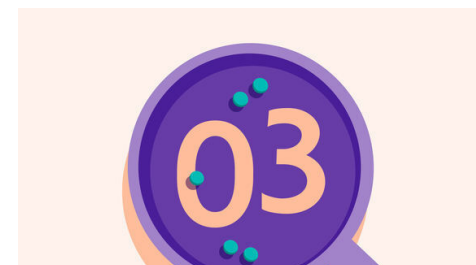
Stir in **1¼ cups water** and **a pinch of salt**; bring to a boil. Reduce heat to low; cover and cook until rice is almost tender, about 17 minutes.



2. Prep ingredients

Finely chop **2 teaspoons garlic**. Slice **zucchini** on an angle into ½-inch thick rounds. Coarsely chop **almonds**.

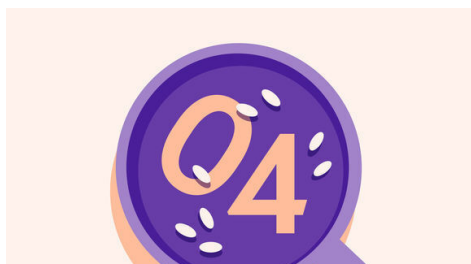
In a small bowl, combine **raisins** with **2 tablespoons water**. Microwave until water is steaming, about 30 seconds. Set aside for raisins to soften until step 4.



3. Cook zucchini

Season **zucchini** with **salt** and **pepper**.

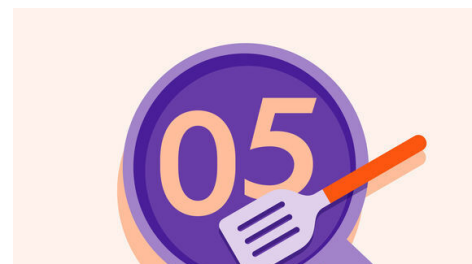
In a medium nonstick skillet, heat **a drizzle of oil** over medium-high. Working in batches if necessary, add zucchini and cook until browned and tender, 2–4 minutes per side. Transfer to a plate.



4. Cook beef

If skillet looks dry, heat **1 tablespoon oil** over medium-high. Add **beef** and season with **salt** and **pepper**. Cook, breaking up into smaller pieces, until well browned and cooked through, 3–4 minutes.

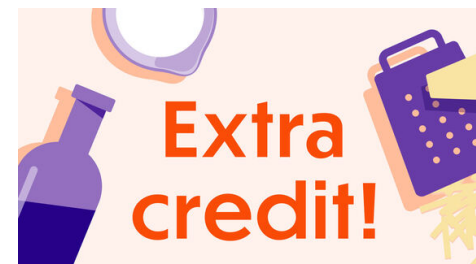
Reduce heat to medium. Add **garlic** and **½ teaspoon baharat spice** (or more depending on taste preference). Cook until fragrant, about 1 minute.



5. Finish & serve

To skillet with **beef**, add **raisins**, **2 tablespoons water**, **1 teaspoon vinegar**, and **½ teaspoon sugar**. Bring to a simmer, scraping up any browned bits from bottom of skillet. Season to taste with **salt** and **pepper**. Fluff **rice** with a fork; season to taste with **salt** and **pepper**.

Serve **beef** and **zucchini** over **gyro rice**. Sprinkle with **crushed almonds**. Enjoy!



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.