

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 roasted almonds ²
- 1 oz golden raisins
- 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), Tree Nuts (2). 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**.

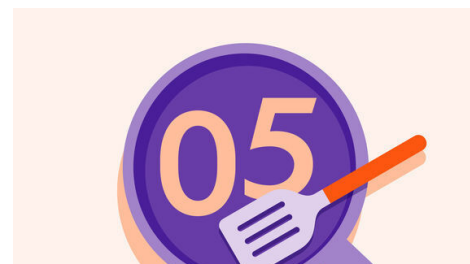
In a medium nonstick skillet, heat **a drizzle of oil** over medium-high. Working in batches if necessary, add zucchini and cook until browned and tender, 2–4 minutes per side. Transfer to a plate.



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.

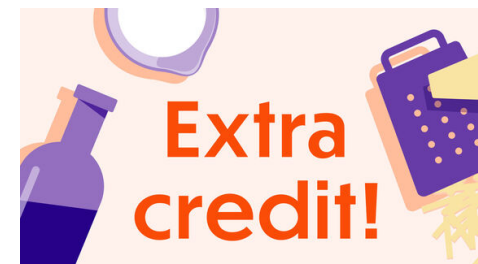
Reduce heat to medium. Add **garlic** and **½ teaspoon baharat spice** (or more depending on taste preference). Cook until fragrant, about 1 minute.



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!

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