



Middle Eastern Beef Pilaf

with Mint and Tomato Salad



30-40min



2 Portions

This fragrant rice dish is one to consider for the whole family. Minced beef, lentils and brown rice are accented with aromatic zaatar, lemon and mint, ensuring plenty of authentic flavour. Served with a tahini sauce and a fresh cucumber and cherry tomato salad it ticks all the boxes.

What we send

- lentil
- beef mince
- mint, garlic
- brown rice
- cherry tomato
- tahini paste ¹¹
- lemon
- Lebanese cucumber
- zaatar spice blend ¹¹
- chicken-style stock cube

What you'll require

- boiling water
- extra virgin olive oil
- olive oil
- sea salt and pepper
- water

Utensils

- fine grater
- medium saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 825kcal, Fat 30.1g, Carbs 74.2g, Proteins 54.4g



1. Prepare ingredients

Bring a medium saucepan of salted water to the boil for the rice. Crush the **garlic**, or mince using the flat side of a knife blade to press on chopped garlic (see cooking tip). Finely grate the **lemon** zest, then juice. Rinse and drain the **lentils**. Add the **rice** to the pan of boiling water and cook for 20 mins (see cooking tip). Drain well and keep warm.



4. Cook beef

Heat **2 tsp olive oil** in a medium deep frypan over medium heat. Cook the **beef mince, remaining garlic** and **half the zaatar** for 5 mins until browned, breaking up the mince with the back of a spoon. Add the **stock, half the tomatoes** and **half the lentils** (the remaining lentils won't be used) and cook for 5 mins or until tomatoes are slightly softened.



2. Prepare salad vegetables

Meanwhile, quarter the **cherry tomatoes**. Coarsely chop the **mint** leaves, discarding the stems. Cut the **cucumber** lengthwise into quarters, then slice into 1cm chunks. Crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **125ml (½ cup) boiling water** and stir to dissolve.



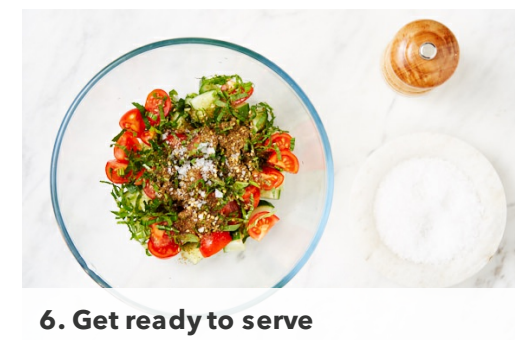
5. Add rice

Add the **rice, lemon zest** and **remaining lemon juice** and cook for 5 mins until the rice is tender. Season with **salt and pepper**.



3. Make tahini sauce

Put the **tahini, half the garlic, 1 tbs lemon juice** and **2 tbs water** in a small bowl and season with **salt and pepper**. Whisk to form a smooth paste. If the sauce is too thick, gradually add more water until a pouring consistency is achieved.



6. Get ready to serve

Put the **cucumber, mint, remaining tomatoes, remaining zaatar** and **2 tsp extra virgin olive oil** in a large bowl, season with **salt and pepper** and stir to combine. Divide the **beef and rice pilaf** among bowls. Spoon over the **mint and tomato salad** and drizzle with the **tahini sauce** to serve.