



FAST

HEALTHY

Baharat Beef Burghul Pilaf

with Fragrant Green Sauce



20-30min



4 Portions

It might be winter, but that's no reason why dinner can't be clean, green and hearty, all at the same time. Fuel up in the healthiest possible way with this bowlful of grain, green veggie and lean protein goodness. It's easy on the chef too, with a raw, pureed sauce, quickly simmered vegetables and beef that just needs a quick toss in the pan.

What we send

- 1

What you'll require

- boiling water
- olive oil
- sea salt and pepper
- water
- white wine vinegar ¹⁷

Utensils

- small saucepan

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

Cooking tip

The beef stir-fry is best with hot and fast cooking, so get your pan very hot before adding the beef and stick to the short cooking time indicated.

Allergens

Gluten (1), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 570kcal, Fat 16.6g, Carbs 44.9g, Proteins 52.8g



1. Soak burghul

Read through the recipe. Put the **burghul** in a heatproof bowl, pour in **400ml boiling water**, add **2 tsp olive oil**, season with **salt and pepper** and stir to combine. Stand, covered with plastic wrap or a plate, for 6 mins or until the water is absorbed.



2. Prepare vegetables

Meanwhile, halve the **zucchini** lengthwise and thinly slice. Coarsely chop the **coriander** leaves. Finely chop the coriander stems, keeping the the leaves and stems separate.



3. Season beef

Bring a medium saucepan of salted water to the boil for the vegetables. Combine the **coriander stems**, **baharat spice blend** and **2 tsp olive oil** in a large bowl and season with **salt and pepper**. Separate the **beef stir-fry** and add to the **baharat spice mixture**. Toss until well coated.



4. Make coriander sauce

Using a stick blender, process the **coriander leaves**, **1½ tbs olive oil**, **1 tbs white wine vinegar** and **1 tbs water** until smooth. Season with **salt and pepper**. Cook the **zucchini** and **peas** in the pan of boiling water for 2 mins. Drain.



5. Cook beef

Meanwhile, heat a large deep frypan over high heat (see cooking tip). Cook the **beef**, in two batches, for 1-2 mins until browned. Transfer to a bowl with tongs, leaving any cooking juices in the pan. Stir the **zucchini** and **peas** into the pan juices.



6. Get ready to serve

Add the **burghul** and **spinach** and cook for a further 1-2 mins until the spinach starts to wilt. Return the **beef** to the pan and stir to combine. Taste, then season with **salt and pepper**. Divide the **beef and burghul pilaf** among plates. Drizzle with the **coriander sauce** to serve.