

Beef & Shawarma-Spiced Rice

with Carrots & Lemon Labneh

2 SERVINGS






⌚ 20-30 MINS

 **Blue Apron**
blueapron.com



This star of this Middle Eastern-style beef dish is our new shawarma spice blend, which combines traditional ingredients like coriander, cumin, and turmeric for deliciously bold, warming flavor.

Ingredients

- | | |
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|  10 oz Ground Beef |  1 bunch Parsley |
|  ½ cup Long Grain White Rice |  ¼ cup Labneh Cheese |
|  1 Lemon |  2 Tbsps Dried Currants |
|  2 cloves Garlic |  1 Tbsp Shawarma Spice Blend* |
|  6 oz Carrots | |
|  1 Shallot | |



Serve a bottle of Blue Apron wine with this symbol: Fruity & Savory.
blueapron.com/wine

*Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then thinly slice crosswise.
- Peel and thinly slice the **shallot**.
- Peel and roughly chop **2 cloves of garlic**.
- Combine the **sliced carrots, sliced shallot, and chopped garlic** in a bowl.
- Quarter and deseed the **lemon**.
- Roughly chop the **parsley** leaves and stems.



2 Cook & finish the rice

- In a small pot, combine the **rice, currants, a pinch of salt, half the spice blend** (you will have extra), and **1 cup of water**. Stir to combine. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Stir in **the juice of 2 lemon wedges**. Taste, then season with salt and pepper if desired. Cover to keep warm.



3 Cook the vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **prepared vegetable mixture**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until slightly softened.
- Using a spoon, move the vegetables to one side of the pan.



4 Cook the beef

- Add the **beef** to the other side of the pan. Season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 3 to 4 minutes, or until lightly browned.
- Stir the beef and vegetables to combine. Cook, stirring frequently, 2 to 3 minutes, or until the vegetables are softened and the beef is cooked through.
- Turn off the heat. Taste, then season with salt and pepper if desired.



5 Make the lemon labneh & serve your dish

- Meanwhile, in a bowl, combine the **labneh** and **the juice of the remaining lemon wedges**. Season with salt and pepper.
- Serve the **finished rice** topped with the **cooked beef and vegetables** and **lemon labneh**. Garnish with the **chopped parsley**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 740, Total Carbohydrates: 73g, Dietary Fiber: 6g, Added Sugars: 0g, Total Fat: 37g, Saturated Fat: 15g, Protein: 32g, Sodium: 640mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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