

# Za'atar Beef & Carrots

with Zucchini Rice & Lemon Mayo

4 SERVINGS

⌚ 20-30 MINS

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## Ingredients



18 oz Ground Beef



1 Zucchini



1 bunch Parsley



2 Tbsps Chicken Demi-Glace



1 cup Long Grain White Rice



2 cloves Garlic



¾ cup Mayonnaise



1 Tbsp Za'atar Seasoning<sup>1</sup>



¾ lb Carrots



1 Lemon



2 Tbsps Dried Currants



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<sup>1</sup>. Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper

## 1 Make the zucchini rice

- Wash and dry the fresh produce.
- Quarter the **zucchini** lengthwise, then thinly slice crosswise.
- In a medium pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced zucchini**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **rice, currants, a big pinch of salt**, and **2 cups of water** (carefully, as the liquid may splatter). Stir to combine. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



## 2 Prepare the remaining ingredients

- Meanwhile, peel the **carrots**; halve lengthwise, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **lemon** crosswise; squeeze the juice into a medium bowl, straining out the seeds.
- Roughly chop the **parsley** leaves and stems.



## 3 Cook the beef & carrots

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **beef, sliced carrots, chopped garlic**, and **all but a pinch of the za'atar**; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 5 to 7 minutes, or until the beef is lightly browned and the carrots are slightly softened.
- Add the **demi-glace**. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the beef is cooked through.
- Turn off the heat. Taste, then season with salt and pepper if desired.



## 4 Make the lemon mayo & serve your dish

- Meanwhile, to the bowl of **lemon juice**, add the **mayonnaise** and **1 tablespoon of olive oil**; season with salt and pepper. Stir to combine.
- Serve the **cooked beef and carrots** over the **zucchini rice**. Garnish with the **lemon mayo, remaining za'atar**, and **chopped parsley**. Enjoy!

