

Beef over Za'atar-Spiced Rice

with Lemon Labneh

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
blueapron.com



Ingredients*



10 oz Ground Beef



2 cloves Garlic



2 Tbsps Dried Currants



1 Tbsp Za'atar Seasoning¹



½ cup Long Grain White Rice



1 Red Onion



1 bunch Parsley



6 oz Carrots



1 Lemon



¾ cup Labneh Cheese



Serve with Blue Apron wine that has this symbol
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¹ Sumac, Aleppo Pepper, Sesame Seeds, Salt, Thyme & Whole Oregano
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

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



2 Cook & finish the rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a small pot, combine the **rice, currants, a pinch of salt, and 1 cup of water**. 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. Stir in the **za'atar** and 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 vegetables**; 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 **cooked beef and vegetables** over the **finished rice**. Top with the **lemon labneh** and **chopped parsley**. Enjoy!

