



Moroccan Plant-Based Mince & Spinach Rice

with Cucumber-Mint Salsa & Almonds

ALTERNATIVE PROTEIN

Grab your meal kit with this number

10



Garlic



Basmati Rice



Currants



Baby Spinach Leaves



Plant-Based Mince



Tomato Paste



Chermoula Spice Blend



Cucumber



Baby Capsicum



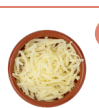
Mint



Flaked Almonds



Haloumi



Cheddar Cheese

Prep in: 15-25 mins
Ready in: 30-40 mins

Calorie Smart

Protein Rich

Plant Based

Our plant-based mince looks, cooks and tastes a lot like the real deal and stands up well to the cumin, paprika and turmeric in our chermoula spice blend. The spinach-laced basmati provides a touch of sweetness to enhance the Moroccan flavours and might be the yummiest way to get your greens in.

Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
basmati rice	1 medium packet	1 large packet
currants	1 medium packet	2 medium packets
water* (for the rice)	1½ cups	3 cups
baby spinach leaves	1 medium packet	1 large packet
plant-based mince	1 packet	2 packets
tomato paste	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
water* (for the sauce)	¾ cup	1 ½ cups
plant-based butter*	20g	40g
brown sugar*	pinch	pinch
cucumber	1	2
baby capsicum	2	4
mint	1 packet	1 packet
white wine vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2667kJ (637cal)	374kJ (89cal)
Protein (g)	31.4g	4.4g
Fat, total (g)	18.7g	2.6g
- saturated (g)	4.7g	0.7g
Carbohydrate (g)	79.3g	11.1g
- sugars (g)	13.8g	1.9g
Sodium (mg)	1235mg	173mg
Dietary Fibre (g)	18.6g	2.6g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat.
- Cook half the **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, **currants** the **water (for the rice)** and a generous pinch of **salt**. Stir, then bring to boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.
- Stir through **baby spinach leaves** until wilted.

TIP: The rice will finish cooking in its own steam, so don't peek!



Make the cucumber-mint salsa

- Meanwhile, roughly chop **cucumber**, **baby capsicum** and **mint** leaves.
- In a medium bowl, combine **cucumber**, **baby capsicum** and **mint**.
- Add a drizzle of **olive oil** and the **white wine vinegar**. Toss to coat. Season to taste.



Cook the plant-based mince

- When the rice has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **plant-based mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Reduce heat to medium, then add **tomato paste**, **chermoula spice blend** and remaining **garlic**. Cook until fragrant, **1 minute**.
- Stir in the **water (for the sauce)**, the **plant-based butter** and a pinch of **brown sugar**. Simmer until slightly thickened, **1-2 minutes**.
- Season with **salt** and **pepper** to taste. Remove from heat.



Serve up

- Divide spinach rice between bowls.
- Top with Moroccan plant-based mince and cucumber mint salsa.
- Sprinkle with **flaked almonds** to serve. Enjoy!

CUSTOM
OPTIONS



ADD HALOUMI

Cut into bite-sized chunks. Cook until browned, 3-4 minutes.



ADD CHEDDAR CHEESE

Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

