



Moroccan-Spiced Lamb & Pilaf Rice

with Greek-Style Yoghurt

NEW

Grab your meal kit with this number

40



Basmati Rice



Brown Onion



Capsicum



Carrot



Garlic



Green Beans



Lamb Mince



Paprika Spice Blend



Currants



Tomato Paste



Baby Spinach Leaves



Greek-Style Yoghurt



Beef Mince



Lamb Mince

Prep in: 25-35 mins
Ready in: 30-60 mins

Protein Rich

Elevate your next serve of rice thanks to this aromatic lamb pilaf recipe which will have you coming back for seconds...or thirds! The scattering of tart currants paired with a generous dollop of honey throughout the mixture cuts through the richness of the lamb mince for a well-rounded and complex mouthful.

Pantry items

Olive Oil, Butter, Honey

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
water* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
brown onion	1	2
capsicum	1	2
carrot	1	2
garlic	2 cloves	4 cloves
green beans	1 small packet	1 medium packet
lamb mince	1 medium packet	2 medium packets OR 1 large packet
butter*	10g	20g
paprika spice blend	1 medium sachet	2 medium sachets
honey*	1 tsp	2 tsp
currants	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
water* (for the beef)	½ cup	1 cup
baby spinach leaves	1 small packet	1 medium packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2899kJ (693cal)	242kJ (58cal)
Protein (g)	37.1g	3.1g
Fat, total (g)	21.3g	1.8g
- saturated (g)	10.3g	0.9g
Carbohydrate (g)	85.9g	7.2g
- sugars (g)	23.1g	1.9g
Sodium (mg)	817mg	68.3mg
Dietary Fibre (g)	17.1g	1.4g

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.



Cook the rice

- In a medium saucepan, add the **water (for the rice)**, then bring to the boil.
- Add **basmati rice** and a pinch of **salt**. Stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.

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



Make the sauce

- Reduce heat to medium-high, then stir in the **butter**, **paprika spice blend**, the **honey**, **currants**, **tomato paste** and **garlic**. Cook until fragrant, **1 minute**.
- Add the **salt** and **water (for the beef)**. Bring to a simmer and cook until slightly thickened, **3-4 minutes**. Season to taste with **salt** and **pepper**.

TIP: Add a splash more water to loosen the sauce, if needed!



Get prepped

- Meanwhile, thinly slice **brown onion** and **capsicum**.
- Grate **carrot**.
- Finely chop **garlic**.
- Trim **green beans** and slice into thirds.



Finish pilaf rice

- While the sauce is simmering, stir **carrot**, **onion**, **capsicum** and **baby spinach leaves** through the **rice**.
- Season to taste.



Cook the veggies and the lamb

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, **capsicum** and **carrot** with a pinch of **salt**, tossing, until softened, **3-5 minutes**. Transfer to a plate.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **green beans** and **lamb mince**, breaking lamb up with a spoon, until browned, **4-5 minutes**.

TIP: Drain the oil from the pan at the end of this step for the best results!



Serve up

- Divide pilaf rice between bowls.
- Top with Moroccan-spiced lamb.
- Serve with **Greek-style yoghurt**. Enjoy!


We're here to help!


Scan here if you have any questions or concerns

2024 | CW38



CUSTOM OPTIONS

 **SWAP TO BEEF MINCE**
Follow method above.

 **DOUBLE LAMB MINCE**
Follow method above, cooking in batches if necessary.

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

