



Beef & Risoni Bowl

with Sour Cream & Parsley



Cook with risoni



Brown Onion



Carrot



Garlic



Parsley



Beef Rump



Mild Moroccan Spice Blend



Beef Stock



Diced Tomatoes



Risoni



Baby Spinach Leaves



Sour Cream

Pantry Staples



Olive Oil



Water



Hands-on: **25** mins

Ready in: **35** mins

Beef is always a welcome ingredient in a warming dish. The flavour here is bolstered by a rich tomatoey stock, and reinforced with rib-sticking risoni and sour cream. Save for a night you need a warming, hearty pick me up and you won't be disappointed!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **kettle, chef's knife, chopping board, vegetable peeler, fine grater, medium frying pan, tongs, plate, large frying pan, wooden spoon, jug** and a **whisk**.



1 GET PREPPED

Put a full kettle of water on to boil. Finely slice the **brown onion**. Peel and finely slice the **carrot**. Finely grate the **garlic**. Finely chop the **parsley** leaves.



2 BROWN THE BEEF

Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **beef rump** and cook for **2-3 minutes** on each side until browned (the beef will continue cooking in step 5). Remove from the pan and set aside on a plate to rest for **2 minutes**. Dice into 1 cm pieces.



3 COOK THE VEGETABLES

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **brown onion, the carrot** and the **mild Moroccan spice blend** and cook for **5-6 minutes**, stirring occasionally, until softened and fragrant. Add the **garlic** and cook for **1 minute**, or until fragrant.



4 MIX THE STOCK

While the veggies are cooking, pour the **boiled water (check the ingredients list for the amount)** into a jug and crumble in the **beef stock** cube. Whisk to dissolve the stock cube.



5 BRING IT ALL TOGETHER

Add the **diced tomatoes, the risoni** and the **beef stock liquid** to the pan with the vegetables. Bring to the boil and stir to combine. Reduce the heat to low and simmer for **7-8 minutes**, or until the risoni is 'al dente'. **TIP:** You'll know your risoni is ready when it's cooked but still a little firm to the bite. Add the **diced beef** and the **baby spinach leaves** and stir until the spinach is wilted. Remove from the heat.



6 SERVE UP

Divide the beef, risoni, veggies and liquid between bowls. Top with a dollop of the **sour cream** and sprinkle over the **parsley**.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
carrot	2
garlic 🌱	2 cloves
parsley 🌱	1 bunch
beef rump	1 packet
mild Moroccan spice blend	1 sachet (1 tbs)
boiled water*	4 cups
beef stock	1 cube
diced tomatoes	1 tin (400 g)
risoni	2 packets (1 cup)
baby spinach leaves	1 bag
sour cream	1 tub (200 ml)

*Pantry Items 🌱 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2110kJ (504Cal)	331kJ (79Cal)
Protein (g)	32.9g	5.2g
Fat, total (g)	17.5g	2.7g
- saturated (g)	7.9g	1.2g
Carbohydrate (g)	49.9g	7.8g
- sugars (g)	12.2g	1.9g
Sodium (mg)	325mg	51mg

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