



# Tomato Beef & Cauliflower Rice Toss

with Currants & Garlic Yoghurt

Grab your Meal Kit with this symbol



Tomato



Baby Spinach Leaves



Garlic



Carrot



Currants



Tomato Paste



Chermoula Spice Blend



Greek-Style Yoghurt



Cauliflower Rice



Beef Mince

Prep in: 20-30 mins  
Ready in: 25-35 mins



Naturally Gluten-Free  
*Not suitable for coeliacs*



Carb Smart

Make something different for dinner with this moreish Moroccan-inspired dish. Together with the sweet currants, the paprika, cumin and turmeric in our chermoula spice blend transforms the beef mince into something sublime. We've kept the carbs down for you by swapping out rice for fluffy cauliflower rice.

### Pantry items

Olive Oil, Butter, Sugar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
garlic	3 cloves	6 cloves
carrot	1	2
Greek-style yoghurt	1 medium packet	1 large packet
<b>butter*</b>	40g	80g
cauliflower rice	1 packet (250g)	1 packet (500g)
<b>salt*</b>	¼ tsp	½ tsp
currants	1 medium packet	1 large packet
beef mince	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
chermoula spice blend	1 medium sachet	1 large sachet
<b>water*</b>	½ cup	1 cup
<b>sugar*</b>	pinch	pinch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2277kJ (544Cal)	457kJ (109Cal)
Protein (g)	35g	7g
Fat, total (g)	31.9g	6.4g
- saturated (g)	17.6g	3.5g
Carbohydrate (g)	28.4g	5.7g
- sugars (g)	23.4g	4.7g
Sodium (mg)	989mg	198mg
Dietary Fibre (g)	8.3g	1.7g

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](https://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

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## Get prepped

- Roughly chop **tomato** and **baby spinach leaves**. Finely chop **garlic**. Grate the **carrot**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook 1/2 the **garlic** until fragrant, **1 minute**. Transfer to a small heatproof bowl. Add **Greek-style yoghurt**. Stir to combine. Season to taste.



## Cook the beef

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef mince**, breaking up with spoon, until browned, **4-5 minutes**.
- Add **tomato paste**, **chermoula spice blend** and remaining **butter** and cook, stirring, until fragrant, **1 minute**.
- Add the **water** and a pinch of **sugar**. Simmer until slightly thickened, **2-3 minutes**. Season to taste.

**TIP:** For best results, drain the oil from the pan before adding the tomato paste!



## Cook the cauliflower rice

- Return frying pan to high heat with 1/2 the **butter** and a drizzle of **olive oil**.
- Cook **cauliflower rice**, **carrot**, the **salt** and remaining **garlic**, stirring, until softened, **2-4 minutes**.
- Transfer to a large bowl. Add **tomato**, **currants** and **baby spinach**. Toss to combine. Season to taste. Cover to keep warm.



## Serve up

- Divide cauli rice toss between bowls. Top with tomato beef.
- Drizzle with garlic yoghurt to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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