



Moroccan-Spiced Beef & Pilaf Rice

with Greek-style Yoghurt

Grab your Meal Kit with this symbol



Basmati Rice



Brown Onion



Carrot



Garlic



Green Beans



Ras El Hanout



Currants



Tomato Paste



Vegetable Stock Powder



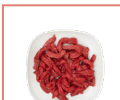
Baby Spinach Leaves



Beef Mince



Greek-Style Yoghurt



Beef Strips

Prep in: **25-35 mins**
Ready in: **30-40 mins**

Roll up for our latest take on a pilaf – a Moroccan version with ras el hanout! This adventurous spice blend gives the beef an abundance of flavour while the garnishes of currants and Greek-style yoghurt round out the meal perfectly.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Honey

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

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
carrot	1	2
garlic	2 cloves	4 cloves
green beans	1 small bag	1 medium bag
beef mince	1 small packet	1 medium packet
butter*	20g	40g
ras el hanout	1 large sachet	2 large sachets
honey*	1 tsp	2 tsp
currants	1 medium packet	1 large packet
tomato paste	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
water* (for the beef)	½ cup	1 cup
baby spinach leaves	1 small bag	1 medium bag
Greek-style yoghurt	1 medium packet	1 large packet
beef strips**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3281kJ (784Cal)	606kJ (145Cal)
Protein (g)	39.3g	7.3g
Fat, total (g)	28.9g	5.3g
- saturated (g)	13g	2.4g
Carbohydrate (g)	89.6g	16.6g
- sugars (g)	26.1g	4.8g
Sodium (mg)	854mg	158mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2690kJ (643Cal)	400kJ (96Cal)
Protein (g)	68.5g	10.2g
Fat, total (g)	26.4g	3.9g
- saturated (g)	4.3g	0.6g
Carbohydrate (g)	31g	4.6g
- sugars (g)	11.6g	1.7g
Sodium (mg)	701mg	104mg
Dietary Fibre (g)	8g	1.2g

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



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, ras el hanout, the honey, currants, tomato paste** and **garlic**. Cook until fragrant, **1 minute**.
- Add **vegetable stock powder** and the **water (for the beef)**. Bring to a simmer and cook until slightly thickened, **3-4 minutes**. Season to taste.

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



Get prepped

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



Finish pilaf rice

- While the sauce is simmering, stir **carrot, onion** and **baby spinach leaves** through the **rice**.
- Season with **salt** and **pepper**.



Cook the veggies & beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion** 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 **beef mince**, breaking beef 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!

Custom Recipe: If you've swapped to beef strips, cook green beans, 2-3 minutes, then add beef strips, tossing occasionally, 1-2 minutes.



Serve up

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

Rate your recipe

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