



Moroccan Plant-Based Mince & Currant Rice

with Cucumber-Mint Salsa & Almonds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Currants



Baby Spinach Leaves



Tomato Paste



Chermoula Spice Blend



Cucumber



Tomato



Mint



Flaked Almonds



Plant-Based Mince



Haloumi

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

Plant Based*

*Custom Recipe is not 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 currant and spinach-laced basmati provides a touch of sweetness to enhance the Moroccan flavours, and might be the yummiest way to get your greens in. Top with a quick salsa for extra crunch, colour and and a bright burst of flavour from the fresh mint.

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

Pantry items

Olive Oil, Plant-Based Butter, Vinegar (White Wine or Rice Wine), Brown 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

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 | 1 large packet |
| water* (for the rice) | 1½ cups | 3 cups |
| baby spinach leaves | 1 medium bag | 1 large bag |
| plant-based mince | 1 packet | 2 packets |
| tomato paste | 1 packet | 1 packet |
| chermoula spice blend | 1 medium packet | 1 large packet |
| water* (for the sauce) | ¾ cup | 1½ cups |
| plant-based butter* | 20g | 40g |
| brown sugar* | pinch | pinch |
| cucumber | 1 | 2 |
| tomato | 1 | 2 |
| mint | 1 bag | 1 bag |
| vinegar* (white wine or rice wine) | drizzle | drizzle |
| flaked almonds | 1 medium packet | 1 large packet |
| haloumi** | 1 packet | 2 packets |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2755kJ (658Cal) | 690kJ (165Cal) |
| Protein (g) | 25.8g | 6.5g |
| Fat, total (g) | 22.6g | 5.7g |
| - saturated (g) | 4.9g | 1.2g |
| Carbohydrate (g) | 83.4g | 20.9g |
| - sugars (g) | 15.2g | 3.8g |
| Sodium (mg) | 1144mg | 287mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3907kJ (934Cal) | 798kJ (191Cal) |
| Protein (g) | 42.9g | 8.8g |
| Fat, total (g) | 45.4g | 9.3g |
| - saturated (g) | 19.3g | 3.9g |
| Carbohydrate (g) | 84.6g | 17.3g |
| - sugars (g) | 16.2g | 3.3g |
| Sodium (mg) | 2179mg | 445mg |

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

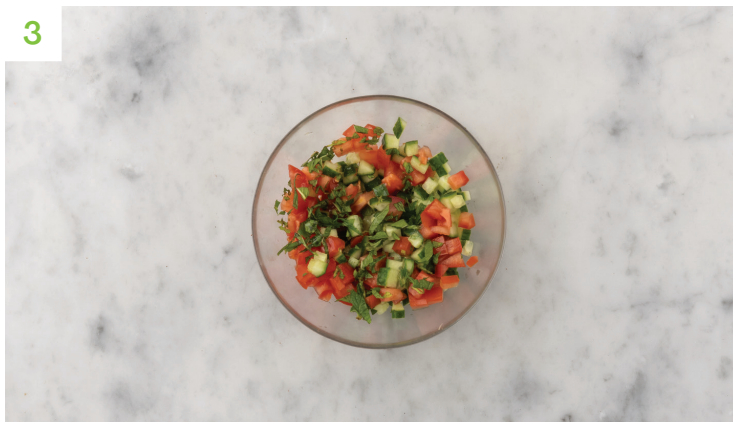


Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat.
- Cook 1/2 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!

Custom Recipe: If you've added haloumi, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water.



Make the cucumber-mint salsa

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

Custom Recipe: Drain haloumi and pat dry. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.



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

Rate your recipe

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