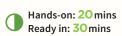


## ROASTED ALMOND & PINE NUT PILAF

with Honey Yoghurt & Parsley





Rice is such a delicious staple all over the world (with good reason). Pilaf with its rich broth base has to be one of our favourite ways to enjoy fragrant basmati rice, especially when its finished off with plenty of fresh herbs and crunchy nuts.



#### Master a rice pilaf















Roasted Almonds







Currants



Vegetable Stock



**Greek Yoghurt** 



#### Pantry Staples



Olive Oil





## START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **sieve**, **large frying pan** with a **lid**, **wooden spoon**, **medium bowl** and a **spoon**.



# Finely slice the **brown onion**. Rinse the **basmati rice** well. Finely slice the **cavolo nero**. Trim the ends of the **snow peas** and finely slice. Finely chop the **parsley** leaves. Roughly chop the **roasted almonds**.



TOAST THE PINE NUTS

Heat a large frying pan over a mediumhigh heat. Add the pine nuts and toast, stirring, for 3-4 minutes, or until golden.

Remove from the pan and set aside. Heat a drizzle of olive oil in the same frying pan over a medium-high heat. Add the brown onion and cook for 3 minutes, or until softened. Add the mild Moroccan spice blend and currants and cook for 1 minute, or until fragrant. Add the basmati rice and stir to coat in the spice.



Slowly add the water (check the ingredients list for the amount) to the pan with the rice and crumble in the vegetable stock cube. Bring to the boil, then cover with a lid and reduce the heat to low. Simmer for 10-12 minutes, or until the rice is soft and the water has been absorbed. Stir through the cavolo nero and snow peas. Cover with a lid and cook for a further 4 minutes, or until the veggies have just softened.



MAKE THE HONEY YOGHURT
While the pilaf is cooking, combine the
Greek yoghurt and the honey in a medium
bowl. Season to taste with a pinch of salt and
pepper and set aside.



SADD SOME CRUNCH
When the pilaf has finished cooking, stir
through the parsley, roasted almonds and
pine nuts. Season to taste with a pinch of salt
and pepper.



**SERVE UP**Divide the almond and pine nut pilaf between bowls and drizzle over the honey yoghurt.

#### **ENJOY!**

### INGREDIENTS

	,	,
	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
basmati rice	1 packet (¾ cup)	2 packets (1 ½ cups)
cavolo nero	1 bunch	2 bunches
snow peas	1 bag	1 bag
parsley	1 bunch	1 bunch
roasted almonds	1 packet (¼ cup)	2 packets (½ cup)
pine nuts	1 packet (1 tbs)	2 packets (2 tbs)
mild Moroccan spice blend	1 sachet (1 tbs)	2 sachets (2 tbs)
currants	1 packet (2 tbs)	2 packets (⅓ cup)
water*	1 ½ cups	3 cups
vegetable stock	1 cube	2 cubes
Greek yoghurt	<b>1 tub</b> (100 g)	1 tub (200 g)
honey*	1 tsp	2 tsp

<sup>\*</sup>Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2610kJ (623Cal)	455kJ (109Cal)
Protein (g)	18.7g	3.3g
Fat, total (g)	17.1g	3.0g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	92.7g	16.2g
- sugars (g)	25.0g	4.4g
Sodium (g)	471mg	82mg

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