



ROASTED ALMOND & PINE NUT PILAF

with Honey Yoghurt & Parsley



Master a rice pilaf



Brown Onion



Basmati Rice



Cavolo Nero



Snow Peas



Parsley



Roasted Almonds



Pine Nuts



Mild Moroccan Spice Blend



Currants



Vegetable Stock



Greek Yoghurt

Pantry Staples



Olive Oil



Water



Honey

Hands-on: 20 mins
Ready in: 30 mins

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.

BEFORE YOU 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**.



1 GET PREPPED

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**.



2 TOAST THE PINE NUTS

Heat a large frying pan over a medium-high 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.



3 COOK THE PILAF

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.



4 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.



5 ADD 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**.



6 SERVE UP

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

ENJOY!

2 | 4 PEOPLE 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 (½ cup)
water*	1 ½ cups	3 cups
vegetable stock	1 cube	2 cubes
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
honey*	1 tsp	2 tsp

*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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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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