



Harissa Veg Pilaf and Mint Yoghurt with Chermoula Roasted Butternut and Pepper

Classic 30-35 Minutes • Medium Spice • 1 of your 5 a day • Veggie

41



Butternut Squash



Basmati Rice



Bell Pepper



Garlic Clove



Chermoula Spice Mix



Mint



Greek Style Natural Yoghurt



Harissa Paste



Vegetable Stock Paste



Sun-Dried Tomato Paste



Greek Style Salad Cheese

Pantry Items

Oil, Salt, Pepper, Honey

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, baking tray, saucepan, sieve, garlic press, bowl and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------------|----------|----------|-----------|
| Butternut Squash** | 1 | 1 | 1 |
| Basmati Rice | 150g | 225g | 300g |
| Bell Pepper*** | 1 | 1 | 2 |
| Garlic Clove** | 2 | 3 | 4 |
| Chermoula Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Mint** | 1 bunch | 1 bunch | 1 bunch |
| Greek Style Natural Yoghurt** 7) | 75g | 120g | 150g |
| Harissa Paste 14) | 50g | 100g | 100g |
| Vegetable Stock Paste 10) | 10g | 15g | 20g |
| Sun-Dried Tomato Paste | 25g | 37g | 50g |
| Greek Style Salad Cheese** 7) | 50g | 100g | 150g |

| Pantry | 2P | 3P | 4P |
|----------------------|--------|---------|--------|
| Water for the Sauce* | 100ml | 150ml | 200ml |
| Honey* | 1 tbsp | 1½ tbsp | 2 tbsp |

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|------------------|-----------------|
| Energy (kJ/kcal) | 615g 2741/655 | 100g 446/107 |
| Fat (g) | 19.6 | 3.2 |
| Sat. Fat (g) | 6.9 | 1.1 |
| Carbohydrate (g) | 103.8 | 16.9 |
| Sugars (g) | 29.2 | 4.8 |
| Protein (g) | 17.9 | 2.9 |
| Salt (g) | 2.70 | 0.44 |

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 10) Celery 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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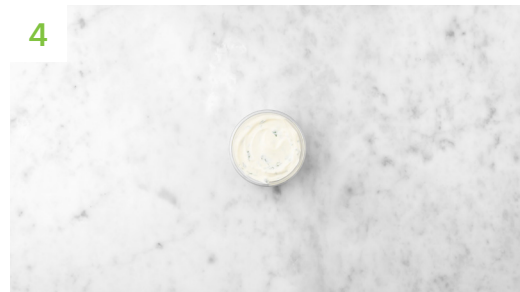
Roast the Butternut

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 2cm chunks.

Pop the **diced butternut** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden and cooked through, 25-30 mins. Turn halfway through.



Mix the Mint Yoghurt

While everything roasts, pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

Pop the **yoghurt** and **half** the **mint** into a small bowl. Mix well, then set your **mint yoghurt** aside.



Cook the Rice

While the butternut roasts, pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.

Once cooked, drain in a sieve, then pop it on top of the pan and allow to steam until ready to serve.

Meanwhile, halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks. Peel and grate the **garlic** (or use a garlic press).



Make your Pilaf

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **harissa** (use less if you'd prefer things milder) and **garlic**. Cook for 1 min.

Stir in the **veg stock paste**, **water for the sauce** (see pantry for amount) and the remaining **chermoula**. Cook, stirring frequently, until reduced by half, 2-3 mins.

Add the **sun-dried tomato paste** and **honey** (see pantry for amount), then stir through the **cooked rice**.

Taste and season with **salt** and **pepper** if needed, adding a splash of **water** if it's a little dry.



Add the Pepper and Spice

After 10 mins of roasting time, add the **pepper chunks** to the **butternut** tray.

Sprinkle over **half** the **chermoula spice mix** and toss to coat.

Roast for the remaining time until soft and slightly charred, 15-20 mins.



Finish and Serve

Once roasted, stir the **chermoula butternut**, **pepper** and remaining **mint** through your **pilaf**.

Share the **harissa pilaf** between your bowls and crumble over the **Greek style salad cheese**.

Finish with a dollop of **mint yoghurt**.

Enjoy!