



Chermoula Spiced Lamb and Rice

with Harissa and Parsley Yoghurt

Calorie Smart

20 Minutes • Medium Spice • Under 650 Calories

25



Lamb Mince



Basmati Rice



Garlic Clove



Flat Leaf Parsley



Harissa Paste



Chermoula Spice Mix



Tomato Puree



Chicken Stock Paste



Greek Style Natural Yoghurt

Pantry Items

Oil, Salt, Pepper

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, frying pan, saucepan, sieve, lid, garlic press and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--|-----------|-----------|-----------|
| Lamb Mince** | 200g | 300g | 400g |
| Basmati Rice | 150g | 225g | 300g |
| Garlic Clove** | 2 | 3 | 4 |
| Flat Leaf Parsley** | 1 bunch | 1 bunch | 1 bunch |
| Harissa Paste 14 | 50g | 75g | 100g |
| Chermoula Spice Mix | ½ sachet | ¾ sachet | 1 sachet |
| Tomato Puree | 30g | 45g | 60g |
| Chicken Stock Paste | 10g | 15g | 20g |
| Greek Style Natural Yoghurt** 7 | 75g | 120g | 150g |
| Pantry | 2P | 3P | 4P |
| Water for the Sauce* | 100ml | 150ml | 200ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal) | 2623 /627 | 823 /197 |
| Fat (g) | 26.0 | 8.2 |
| Sat. Fat (g) | 9.5 | 3.0 |
| Carbohydrate (g) | 69.9 | 21.9 |
| Sugars (g) | 7.6 | 2.4 |
| Protein (g) | 29.6 | 9.3 |
| Salt (g) | 1.88 | 0.59 |

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

Allergens

7) Milk **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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Fry the Lamb

- Boil a half-full kettle.
 - Heat a medium frying pan on medium-high heat (no oil).
 - Once hot, add the **lamb mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Spice Things Up

- Once the **lamb** has browned, add the **garlic**, **harissa paste**, **chermoula spice mix** (add less of both if you'd prefer things milder) and **tomato puree**. Cook for 1 min more.
- Stir in the **water for the sauce** (see pantry for amount) and **chicken stock paste**. Season with **salt** and **pepper**.
- Bring to the boil, then cook until the **sauce** is slightly thickened, 2-3 mins.



Cook the Rice

- While the **mince** cooks, 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 and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Mix your Parsley Yoghurt

- Meanwhile, mix together the **yoghurt** and **half** the **parsley** in a small bowl.
- Season to taste with **salt** and **pepper**.



Prep Time

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).



Finish and Serve

- Once the **sauce** has thickened, add the **cooked rice** to the **lamb** and mix well to combine.
- Share the **lamb** and **rice** between your bowls.
- Spoon the **parsley yoghurt** on top and sprinkle over the remaining **parsley** to finish.

Enjoy!