

Chermoula Spiced Lamb and Rice

with Harissa and Parsley Yoghurt

Calorie Smart

20 Minutes • Medium Spice • Under 650 Calories











Garlic Clove



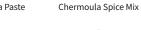


Flat Leaf Parsley





Harissa Paste





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

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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

Nutrition

*Not Included **Store in the Fridge

Typical Values	Per serving	Per 100g
for uncooked ingredient	319g	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

- a) Boil a half-full kettle.
- **b)** Heat a medium frying pan on medium-high heat (no oil).
- c) 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.



Cook the Rice

- a) While the mince cooks, pour the boiled water into a large saucepan with ¼ tsp salt on high heat.
- b) Add the rice and cook for 10-12 mins.
- c) 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.



Prep Time

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



Spice Things Up

- a) 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.
- **b)** Stir in the water for the sauce (see pantry for amount) and **chicken stock paste**. Season with **salt** and **pepper**.
- **c)** Bring to the boil, then cook until the **sauce** is slightly thickened, 2-3 mins.



Mix your Parsley Yoghurt

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



Finish and Serve

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

Enjoy!