



# Chermoula Spiced Lamb and Rice with Tzatziki and Mint

**Rapid** 20 Minutes • Medium Spice • 1 of your 5 a day

N° 14



Lamb Mince



Basmati Rice



Red Onion



Garlic Clove



Cucumber



Mint



Harissa Paste



Chermoula Spice



Tomato Puree



Chicken Stock Paste



Greek Yoghurt

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Frying Pan, Wooden Spoon, Sieve, Garlic Press, Bowl, Measuring Jug.

## Ingredients

	2P	3P	4P
Lamb Mince**	200g	300g	400g
Basmati Rice	150g	225g	300g
Red Onion**	1	1	2
Garlic Clove	2	3	4
Cucumber**	½	¾	1
Mint**	1 bunch	1 bunch	1 bunch
Harissa Paste	1 sachet	1½ sachets	2 sachets
Chermoula Spice	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Greek Yoghurt 7)**	75g	120g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	400g	100g
Energy (kJ/kcal)	2773 /663	694 /166
Fat (g)	27	7
Sat. Fat (g)	10	2
Carbohydrate (g)	75	19
Sugars (g)	11	3
Protein (g)	31	8
Salt (g)	1.75	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

### Thumbs up or thumbs down?

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## Start the Lamb

**a)** Bring a large saucepan of **water** to the boil with a ¼ tsp of **salt** for the **rice**.

**b)** Meanwhile, heat a medium frying pan on medium-high heat.

**c)** Once hot, add the **lamb mince** to the pan and cook until browned, 3-5 mins. Use a wooden spoon to break it up as it cooks. Drain and discard any excess **fat** from the **lamb**, then season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



## Make the Sauce

**a)** Once the **lamb** has browned add the **red onion** and cook, stirring occasionally, until softened, 3-4 mins.

**b)** Add the **garlic**, **harissa paste**, **chermoula spice** and **tomato puree** and cook for 1 min.

**c)** Add the **water** (see ingredients for amount) and **chicken stock paste** and stir together.

**d)** Season with **salt** and **pepper**, bring to the boil and cook for 2-3 mins until slightly thickened and the **lamb** is cooked through. **IMPORTANT:** The lamb is cooked when it is no longer pink in the middle.

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.



## Cook the Rice

**a)** When the **water** for the **rice** is boiling add the **rice** and cook for 12 mins.

**b)** Drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



## Tzatziki Time

**a)** In a medium bowl mix the **Greek yoghurt**, **chopped cucumber** and **half** of the **mint**.

**b)** Stir well to combine. This is your **tzatziki!** Season to taste with **salt** and **pepper**.



## Prep Time

**a)** Meanwhile, halve, peel and thinly slice the **red onion**.

**b)** Peel and grate the **garlic** (or use a garlic press).  
**c)** Halve the **cucumber** lengthways (see ingredients for amount), scoop out the seeds and discard them. Chop into small pieces and pop into a medium bowl.

**d)** Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



## Time to Serve

**a)** Once the **sauce** has thickened and the **rice** is cooked, add the **rice** to the pan and mix well to combine.

**b)** Share the **lamb** and **rice mixture** between your bowls.

**c)** Spoon the **tzatziki** on top and sprinkle over the remaining **mint**.

Enjoy!