



Chermoula Spiced Lamb and Rice with Harissa and Mint Yoghurt

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

15



Lamb Mince



Basmati Rice



Red Onion



Garlic Clove



Mint



Harissa Paste



Chermoula Spice Mix



Tomato Puree



Chicken Stock Paste



Greek Style Natural Yoghurt

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

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

Ingredients

	2P	3P	4P
Lamb Mince**	200g	300g	400g
Basmati Rice	150g	225g	300g
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Mint**	1 bunch	1 bunch	1 bunch
Harissa Paste	1 sachet	1½ sachets	2 sachets
Chermoula Spice Mix	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 Style Natural Yoghurt**	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	322g	100g
Energy (kJ/kcal)	2712 /648	842 /201
Fat (g)	26	8
Sat. Fat (g)	9	3
Carbohydrate (g)	75	23
Sugars (g)	10	3
Protein (g)	30	9
Salt (g)	1.75	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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, milk, egg, mustard, celery, soya, 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.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1 Fry the Lamb

- Boil a full kettle.
- Meanwhile, heat a medium frying pan on medium-high heat.
- When hot, add the **lamb mince** and fry until browned all over, 3-5 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.



4 Make the Sauce

- Once the **lamb** has browned, add the **onion** and cook, stirring occasionally, until softened, 3-4 mins.
- Add the **garlic**, **harissa paste**, **chermoula spice mix** and **tomato puree** and cook for 1 min.
- Stir in the **water for the sauce** (see ingredients for amount) and **chicken stock paste**.
- Season with **salt** and **pepper**, then bring to the boil and cook for 2-3 mins until slightly thickened and the **lamb** is cooked through. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



2 Cook the Rice

- When boiling, pour the **water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



5 Mix the Mint Yoghurt

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



3 Prep Time

- Meanwhile, halve, peel and thinly slice the **red onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



6 Time to Serve

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

Enjoy!