



Chermoula Spiced Lamb and Rice with Harissa and Tahini Yoghurt

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

15



Lamb Mince



Basmati Rice



Red Onion



Garlic Clove



Harissa Paste



Chermoula Spice Mix



Tomato Puree



Chicken Stock Paste



Tahini



Greek Style Natural Yoghurt

Pantry Items

Salt, Pepper, Sugar, Olive Oil

Before you start

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

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
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Harissa Paste	50g	75g	100g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	60g	60g
Chicken Stock Paste	10g	15g	20g
Tahini 3)	30g	30g	30g
Greek Style Natural Yoghurt** 7)	75g	120g	150g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Sugar*	½ tsp	¾ tsp	1 tsp
Olive Oil*	1 tbsps	1½ tbsps	2 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3316 /792	947 /226
Fat (g)	39.2	11.2
Sat. Fat (g)	11.6	3.3
Carbohydrate (g)	77.5	22.1
Sugars (g)	13.7	3.9
Protein (g)	33.7	9.6
Salt (g)	2.04	0.58

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

Allergens

3) Sesame 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

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1 Fry the Lamb

- Boil a 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. The mince is cooked when no longer pink in the middle.



4 Spice Things Up

- 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**. 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.



2 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.



5 Mix your Tahini Yoghurt

- Meanwhile, pop the **tahini** into a small bowl.
- Mix in the **sugar** and **olive oil** (see pantry for both amounts), then season with **salt** and **pepper**.
- Stir to combine, then mix in the **yoghurt** until smooth. Add a splash of **water** if it's a little thick.



3 Prep Time

- Meanwhile, halve, peel and thinly slice the **red onion**.
- Peel and grate the **garlic** (or use a garlic press).



6 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 **tahini yoghurt** on top to finish.

Enjoy!