







Flaked Almonds





Harissa Paste





Beef Stock Paste

Ground Turmeric





Greek Style Natural Yoghurt







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

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	1	1	2
Basmati Rice	150g	225g	300g
Flaked Almonds 2)	15g	25g	30g
Beef Mince**	240g	360g	480g
Harissa Paste	1 sachet	1⅓ sachets	2 sachets
Ground Turmeric	1 sachet	1 sachet	2 sachets
Beef Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Pantry	2P	3P	4P
Water for the Beef*	50ml	75ml	100ml

Nutrition

*Not Included **Sitore in the Fridge

100g
00g
/197
.4
3.1
8.4
2.8
0.3
.45

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

Allergens

2) Nuts 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.

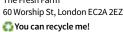
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Cook the Rice

- a) Boil a full kettle.
- **b)** Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).
- c) Pour the boiled water into a large saucepan with ¼ tsp salt on high heat. Add the rice and cook for 10-12 mins.
- **d)** Once cooked, drain well in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Toasting Time

- **a)** Meanwhile, heat a large frying pan on medium heat (no oil).
- **b)** Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 1-2 mins. TIP: Watch them like a hawk as they can burn easily.
- c) Once toasted, transfer them to a bowl.



Fry the Mince

- **a)** Pop the (now empty) pan back on high heat (no oil).
- **b)** Once hot, add the **beef mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Add the Flavour

- a) Once the mince has browned, lower the heat to medium. Add the onion and a drizzle of oil if needed.
- **b)** Cook until softened, 3-4 mins, then add the **garlic, harissa paste** and **turmeric.** Stir-fry for 30 secs.
- c) Stir in the **beef stock paste** and **water for the beef** (see pantry for amount), bring to the boil, then lower the heat. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Make your Pilaf

- **a)** Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins. Taste and season with **salt** and **pepper** if needed.
- **b)** Gently fold the **cooked rice** through the **beef**.
- c) Taste and add more salt and pepper if needed.



Serve

- a) When everything's ready, serve the harissa beef pilaf in bowls and top with a generous dollop of yoghurt.
- **b)** Sprinkle over the **almonds** to finish.

Enjoy!