



Harissa Spiced Beef Pilaf

with Flaked Almonds, Spinach and Coriander Yoghurt

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

14



Red Onion



Garlic Clove



Basmati Rice



Beef Mince



Coriander



Harissa Paste



Chermoula Spice Mix



Beef Stock Paste



Baby Spinach



Greek Style Natural Yoghurt



Toasted Flaked Almonds

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.

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	1	1	2
Basmati Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Coriander**	1 bunch	1 bunch	1 bunch
Harissa Paste	50g	75g	100g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Beef Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Greek Style Natural Yoghurt**	75g	120g	150g
Toasted Flaked Almonds 2)	15g	25g	30g

Pantry	2P	3P	4P
Water for the Beef*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3218 / 769	804 / 192
Fat (g)	36.4	9.1
Sat. Fat (g)	12.1	3.0
Carbohydrate (g)	73.5	18.4
Sugars (g)	11.1	2.8
Protein (g)	40.0	10.0
Salt (g)	2.08	0.52

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.

Contact

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Cook the Rice

- Boil a full kettle.
- Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- 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 use.



Bring on the Spinach

- 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.



Fry the Mince

- Meanwhile, heat a large frying pan on medium-high heat (no oil).
- 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.*
- Meanwhile, roughly chop the **coriander** (stalks and all).



Mix the Coriander Yoghurt

- In a small bowl, combine the **yoghurt** and **half the coriander**. Season with **salt** and **pepper**, then set aside.
- Gently fold the **cooked rice** and remaining **coriander** through the **beef**.
- Taste and add more **salt** and **pepper** if needed.



Add the Flavour

- Once the **mince** has browned, lower the heat to medium. Add the **onion** and a drizzle of **oil** if needed.
- Cook until softened, 3-4 mins, then add the **garlic**, **harissa paste** and **chermoula** (add less if you'd prefer things milder). Stir-fry for 30 secs.
- 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.*



Serve

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

Enjoy!