Harissa Veg Pilaf and Mint Yoghurt

with Chermoula Roasted Butternut and Green Beans

20

Classic 30-35 Minutes • Mild Spice • 2 of your 5 a day • Veggie

Green Beans

Basmati Rice

Diced Butternut Squash

Garlic Clove

Chermoula Spice Mix

Greek Style Salad Cheese

Mint

Greek Style Natural Yoghurt

Harissa Paste

Vegetable Stock Paste

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, saucepan, sieve, baking tray, garlic press, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Basmati Rice	150g	225g	300g
Diced Butternut Squash**	300g	450g	600g
Garlic Clove**	2	3	4
Chermoula Spice Mix	2 sachets	2 sachets	3 sachets
Greek Style Salad Cheese** **7)**	50g	100g	150g
Mint**	1 bunch	1 bunch	1 bunch
Greek Style Natural Yoghurt** **7)**	75g	120g	150g
Harissa Paste	50g	100g	100g
Vegetable Stock Paste **10)**	10g	15g	20g
Toasted Flaked Almonds **2)**	15g	25g	30g

**Not Included **Store in the Fridge*

Nutrition

Typical Values **for uncooked ingredient**	Per serving **372g**	Per 100g **100g**
Energy (kJ/kcal)	2479 /592	666 /159
Fat (g)	22.0	5.9
Sat. Fat (g)	7.0	1.9
Carbohydrate (g)	80.2	21.5
Sugars (g)	13.8	3.7
Protein (g)	17.3	4.6
Salt (g)	2.33	0.63

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

Allergens

2) Nuts **7)** Milk **10)** Celery

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

Cook the Rice and Beans

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle. Trim the **green beans** and chop into thirds.

Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 12 mins.

Halfway through cooking, add the **green beans** to the pan and cook for the remaining 6 mins.

Once cooked, drain them both in a sieve and pop back in the pan.

2

Roast the Butternut

While the **rice** cooks, pop the **diced butternut** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **chermoula spice mix**, then toss to coat.

Spread out in a single layer. TIP: *Use two baking trays if necessary.*

When the oven is hot, roast on the top shelf until golden and cooked through, 25-35 mins. Turn halfway through.

3

Garlic Time

Meanwhile, peel and grate the **garlic** (or use a garlic press).

4

Mix the Mint Yoghurt

While everything roasts, crumble the **Greek style salad cheese**.

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

Pop the **yoghurt** and **half** the **mint** into a small bowl. Mix well, then set your **mint yoghurt** aside.

5

Make your Pilaf

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **harissa** (use less if you'd prefer things milder) and **garlic**. Cook for 1 min.

Stir in the **cooked rice**, **green beans** and **veg stock paste**, then cook, stirring frequently, until combined and piping hot, 1-2 mins.

Taste and season with **salt** and **pepper** if needed, adding a splash of **water** if it's a little dry.

6

Finish and Serve

Once roasted, stir the **chermoula butternut squash** through your **pilaf**. Taste and season again if needed.

Share the **harissa pilaf** between your bowls and top with the crumbled **Greek style salad cheese**.

Sprinkle with the remaining **mint**, then finish with a dollop of **mint yoghurt** and a scattering of **flaked almonds**.

Enjoy!