



Harissa Veg Pilaf and Mint Yoghurt with Chermoula Roasted Sweet Potato and Pepper

Classic 30-35 Minutes • Medium Spice • 4 of your 5 a day • Veggie

45



Sweet Potato



Basmati Rice



Bell Pepper



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

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Basmati Rice	150g	225g	300g
Bell Pepper***	1	1	2
Garlic Clove**	2	3	4
Chermoula Spice Mix	1 sachet	1 sachet	2 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 14)	50g	100g	100g
Vegetable Stock Paste 10)	10g	15g	20g
Toasted Flaked Almonds 2)	15g	25g	30g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3322 /794	661 /158
Fat (g)	22.7	4.5
Sat. Fat (g)	7.3	1.4
Carbohydrate (g)	129.3	25.7
Sugars (g)	25.3	5.0
Protein (g)	21.0	4.2
Salt (g)	2.60	0.52

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

Allergens

2) Nuts 7) Milk 10) Celery 14) Sulphites

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



Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.
Boil a full kettle.

Chop the **sweet potatoes** into 2cm chunks (no need to peel).

Pop the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, 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, 25-35 mins. Turn halfway through.

4



Prep the Toppings

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.

2



Cook the Rice

While the **sweet potato** roasts, 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 in a sieve, then pop it on top of the pan and allow to steam until ready to serve.

Meanwhile, halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks. Peel and grate the **garlic** (or use a garlic press).

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 **veg stock paste**, **water for the sauce** (see pantry for amount) and the remaining **chermoula**. Cook, stirring frequently, until reduced by half, 2-3 mins.

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

3



Add the Pepper and Spice

After 10 mins of roasting time, add the **pepper chunks** to the **sweet potato** tray.

Sprinkle over **half** the **chermoula spice mix** and toss to coat.

Roast for the remaining time until soft and slightly charred, 15-20 mins.

6



Finish and Serve

Once roasted, stir the **chermoula sweet potato**, **pepper** and the remaining **mint** through your **pilaf**.

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

Finish with a dollop of **mint yoghurt** and a scattering of **flaked almonds**.

Enjoy!