



MOROCCAN RICE BOWL

with Spinach Tabbouleh & Harissa Yoghurt



Make a harissa yoghurt



Carrot



Red Onion



Garlic



Basmati Rice



Souk Market Spice Blend



Tomato



Baby Spinach Leaves



Spring Onion



Parsley



Lemon



Greek Yoghurt



Harissa Paste



Fetta



Black Sesame Seeds

Hands-on: **25 mins**
Ready in: **35 mins**

Naturally gluten-free
Not suitable for Coeliacs

Low calorie

We love a bowl – it's a great excuse to pile a bunch of colourful ingredients on a tasty grain and enjoy the explosion of flavours and textures. This one is inspired by the Middle East, with spiced rice, honey-roasted carrots, a spinach tabbouleh and a drizzle of creamy harissa yoghurt. Enjoy the journey!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, two medium bowls, oven tray** lined with **baking paper, medium saucepan** with a **lid** and a **small bowl**.



1 ROAST THE CARROT AND ONION

Preheat the oven to **220°C/200°C fan-forced**. Slice the **carrots** (unpeeled) into 1cm fries. In a medium bowl, combine the carrot and **honey**. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Transfer to one side of an oven tray lined with baking paper. Slice the **red onion** into 3cm wedges. Place the onion and whole **garlic** clove (unpeeled) on the other half of the oven tray. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast for **20-25 minutes** or until tender.



4 MAKE THE SPINACH TABBOULEH

In a medium bowl, place the **tomato**, **baby spinach leaves**, **spring onion** and **parsley**. Add a **generous squeeze** of **lemon juice**, a **good drizzle** of **olive oil**, the **remaining salt** and a **pinch** of **pepper** and toss to combine. **TIP:** Add the lemon juice according to your taste.



2 COOK THE SPICED RICE

While the veggies are roasting, add the **water** (see ingredients list) to a medium saucepan and bring to the boil. Add the **basmati rice**, **Souk Market spice blend** (see ingredients list) and **1/2 the salt** (see ingredients list), stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water has absorbed.

TIP: The rice will finish cooking in its own steam so don't peek!



5 MAKE THE HARISSA YOGHURT

In a small bowl, combine the **Greek yoghurt** and **harissa paste**. Season with **salt** and **pepper** and **drizzle** with a little **olive oil**. Once the carrots are finished, squeeze the **garlic** clove out of its skin (be careful it might be hot!). Mash the garlic with a fork, add to the harissa yoghurt and mix well.



3 GET PREPPED

While the rice is cooking, finely chop the **tomato**. Finely chop the **baby spinach leaves**. Thinly slice the **spring onion**. Finely chop the **parsley**.



6 SERVE UP

Divide the spiced rice and spinach tabbouleh between bowls. Top with the honey roasted carrots and red onion. Spoon over some of the harissa yoghurt and crumble over the feta. Garnish with **black sesame seeds** (see ingredients list).

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	4	8
honey*	2 tsp	1 tbs
red onion	1	2
garlic	1 clove	2 cloves
water*	1½ cups	3 cups
basmati rice	1 packet	2 packets
Souk Market spice blend	½ sachet	1 sachet
salt*	½ tsp	1 tsp
tomato	1	2
baby spinach leaves	1 bag (30 g)	1 bag (60 g)
spring onion	1 bunch	1 bunch
parsley	1 bunch	1 bunch
lemon	1	2
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
harissa paste	1 sachet (1 ½ tsp)	2 sachets (3 tsp)
fetta	1 block (25 g)	1 block (50 g)
black sesame seeds	½ sachet	1 sachet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (547Cal)	376kJ (90Cal)
Protein (g)	16.1g	2.6g
Fat, total (g)	8.6g	1.4g
- saturated (g)	3.8g	0.6g
Carbohydrate (g)	93.1g	15.3g
- sugars (g)	29.2g	4.8g
Sodium (g)	870mg	143mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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