



Ras El Hanout Beef Bowl

with Rice Pilaf & Lemon Yoghurt

Grab your Meal Kit with this symbol



Basmati Rice



Lemon



Broccolini



Red Onion



Carrot



Garlic



Baby Spinach Leaves



Greek-Style Yoghurt



Beef Mince



Ras El Hanout



Currants



Tomato Paste



Beef-Style Stock Powder



Mint



Roasted Almonds

Hands-on: 25-35 mins
Ready in: 30-40 mins

Roll up for our latest take on a pilaf – a Moroccan version with ras el hanout! This adventurous spice blend gives the beef an abundance of flavour while the garnishes of roasted almonds, mint and lemon yoghurt round out the meal perfectly.

Pantry items

Olive Oil, Butter, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	1 packet
lemon	½	1
broccolini	1 bunch	1 bunch
red onion	1 (medium)	1 (large)
carrot	1	2
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
Greek-style yoghurt	1 small packet	1 large packet
beef mince	1 packet	1 packet
butter*	20g	40g
ras el hanout	1 sachet	2 sachets
honey*	1 tsp	2 tsp
currants	1 packet	2 packets
tomato paste	½ packet	1 packet
beef-style stock powder	1 sachet	1 sachet
water* (for the beef)	½ cup	1 cup
mint	1 bunch	1 bunch
roasted almonds	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3440kJ (822Cal)	674kJ (161Cal)
Protein (g)	42.9g	8.4g
Fat, total (g)	27.6g	5.4g
- saturated (g)	11.4g	2.2g
Carbohydrate (g)	95.1g	18.6g
- sugars (g)	25.8g	5.1g
Sodium (mg)	695mg	136mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add the **basmati rice**, 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 until the rice is tender and the water is absorbed, **10 minutes**.

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



Get prepped

While the rice is cooking, zest the **lemon** to get a pinch, then slice into wedges. Trim the **broccolini** and cut in half. Thinly slice the **red onion**. Grate the **carrot** (unpeeled). Finely chop the **garlic**. Roughly chop the **baby spinach leaves**. In a small bowl, combine the **Greek-style yoghurt** and a squeeze of **lemon juice**, then season with **salt**. Set aside.



Cook the veggies & beef

In a large frying pan, heat a drizzle of **olive oil** over a medium high-heat. Add the **broccolini, onion** and **carrot**, then season with **salt**. Cook until softened, **3-5 minutes**. Transfer to a plate. Return the pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef mince**, breaking up with a spoon, until browned, **4-5 minutes**.



Make it saucy

Reduce the heat to medium-high, then add the **butter, ras el hanout, honey, currants, tomato paste** (see ingredients) and **garlic** and cook until fragrant, **1 minute**. Add the **beef-style stock powder** and **water (for the beef)**. Bring to a simmer and cook until slightly thickened, **3-4 minutes**. Season to taste.

TIP: Add a splash more water if the sauce looks too thick.



Bring it together

While the beef is simmering, pick the **mint** leaves. Roughly chop the **roasted almonds**. Add the **broccolini, onion, carrot, baby spinach** and **lemon zest** to the cooked **rice**. Gently toss together, then season with **salt** and **pepper**.



Serve up

Divide the rice pilaf between bowls. Top with the **ras el hanout beef** and the **lemon yoghurt**. Tear over the **mint leaves**. Garnish with the **roasted almonds**. Serve with any remaining **lemon wedges**.

Enjoy!