



# Ras El Hanout Lamb Bowl

with Garlic Rice, Mint Yoghurt & Toasted Almonds

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Currants



Carrot



Courgette



Baby Spinach Leaves



Mint



Greek-Style Yoghurt



Flaked Almonds



Lamb Mince



Ras El Hanout



Tomato Paste



Beef-Style Stock Powder

Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

Introduce your tastebuds to the incredible flavour of ras el hanout, a North African spice that really packs a punch. Sitting on a bed of garlic rice that's studded with currants and topped with yoghurt, this tender lamb dish offers a depth of flavour that's sure to knock your socks off.

### 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
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
currants	½ packet	1 packet
salt*	¼ tsp	½ tsp
carrot	1	2
courgette	1	2
baby spinach leaves (30g)	1 bag (30g)	1 bag (60g)
mint	1 bunch	1 bunch
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 packet	2 packets
lamb mince	1 packet	1 packet
ras el hanout	1 sachet	1 sachet
tomato paste	½ packet	1 packet
beef-style stock powder	1 sachet	1 sachet
honey*	1 tsp	2 tsp
water* (for the sauce)	½ cup	1 cup

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3060kJ (731Cal)	556kJ (132Cal)
Protein (g)	41.4g	7.5g
Fat, total (g)	22.7g	4.1g
- saturated (g)	10g	1.8g
Carbohydrate (g)	93.9g	17.1g
- sugars (g)	23.6g	4.3g
Sodium (mg)	1378mg	251mg

## Allergens

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

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



## Make the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)**, **currants** (see ingredients) and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove 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!



## Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **courgette** until softened, **4-5 minutes**. Transfer to a bowl.



## Get prepped

While the rice is cooking, grate the **carrot** (unpeeled). Finely chop the **courgette**. Roughly chop the **baby spinach leaves**. Pick and thinly slice the **mint leaves**. In a small bowl, combine the **Greek-style yoghurt** and **mint**. Set aside.



## Cook the lamb

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **lamb mince**, breaking it up with a spoon, until just browned, **4-5 minutes**. Add the **ras el hanout** and **tomato paste** (see ingredients) and cook until fragrant, **1-2 minutes**. Add the cooked **veggies**, **beef-style stock powder**, **honey** and **water (for the sauce)** and cook, stirring, until slightly reduced, **1-2 minutes**. Season with **salt** and **pepper**.



## Toast the flaked almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a second small bowl and set aside.



## Serve up

Stir the baby spinach through the rice. Divide the garlic rice between bowls and top with the **ras el hanout** lamb and **mint yoghurt**. Garnish with the toasted almonds.

## Enjoy!