



Chermoula Spiced Lamb and Rice with Homemade Tzatziki

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day

15



Lamb Mince



Basmati Rice



Red Onion



Garlic Clove



Cucumber



Mint



Harissa Paste



Chermoula Spice Mix



Tomato Puree



Chicken Stock Paste



Greek Style
Natural Yoghurt

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Frying Pan, Wooden Spoon, Sieve, Lid, Garlic Press, Bowl, Measuring Jug.

Ingredients

	2P	3P	4P
Lamb Mince**	200g	300g	400g
Basmati Rice	150g	225g	300g
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Cucumber**	½	¾	1
Mint**	1 bunch	1 bunch	1 bunch
Harissa Paste	1 sachet	1½ sachets	2 sachets
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Greek Style Natural Yoghurt 7)**	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	410g	100g
Energy (kJ/kcal)	2762/660	674/161
Fat (g)	26	6
Sat. Fat (g)	10	2
Carbohydrate (g)	76	19
Sugars (g)	11	3
Protein (g)	31	8
Salt (g)	1.75	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Cook the Lamb

a) Bring a large saucepan of **water** to the boil with a **¼ tsp** of **salt** for the **rice**.

b) Meanwhile, heat a medium frying pan on medium-high heat.

c) When hot, add the **lamb mince** and use a spoon to break up the **mince**. Fry, stirring occasionally, until browned all over, 3-5 mins. **TIP:** *Drain away any excess fat.* **IMPORTANT:** *Wash your hands after handling raw mince.*



Make the Sauce

a) Once the **lamb** has browned, add the **red onion** and cook, stirring occasionally, until softened, 3-4 mins.

b) Add the **garlic**, **harissa paste**, **chermoula spice mix** and **tomato puree** and cook for 1 min.

c) Add the **water** (see ingredients for amount) and **chicken stock paste** and stir together.

d) Season with **salt** and **pepper**, bring to the boil and cook for 2-3 mins until slightly thickened and the **lamb** is cooked through. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



Cook the Rice

a) When the **water** for the **rice** is boiling, add the **rice** and cook for 12 mins.

b) Drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



Tzatziki Time

a) In a medium bowl, mix the **Greek yoghurt**, **chopped cucumber** and **half** of the **mint**.

b) Stir well to combine. This is your **tzatziki**. Season to taste with **salt** and **pepper**.



Prep Time

a) Meanwhile, halve, peel and thinly slice the **red onion**.

b) Peel and grate the **garlic** (or use a **garlic press**).

c) Halve the **cucumber** lengthways (see ingredients for amount), scoop out the seeds and discard them. Chop into small pieces and pop into a medium bowl.

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



Time to Serve

a) Once the **sauce** has thickened and the **rice** is cooked, add the **rice** to the pan and mix well to combine.

b) Share the **lamb and rice** between your bowls.

c) Spoon the **tzatziki** on top and sprinkle over the remaining **mint**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.