

Chermoula Spiced Lamb and Rice

with Homemade Tzatziki

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















Red Onion





Garlic Clove

Cucumber





Chermoula Spice Mix

Harissa Paste



Tomato Puree



Chicken Stock Paste



Greek Yoghurt

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Saucepan with Lid, Frying Pan, Sieve, Garlic Press and 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**	1/2	3/4	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 Yoghurt** 7)	75g	120g	150g	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	410g	100g
Energy (kJ/kcal)	2760 /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

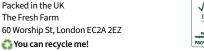
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- a) Bring a large saucepan of water to the boil with 1/4 tsp salt for the rice.
- b) Meanwhile, heat a medium frying pan on medium-high heat.
- c) When hot, add the lamb mince and fry until browned all over, 3-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. IMPORTANT: Wash your hands after handling raw mince.



Cook the Rice

- a) When boiling, add the rice to the water and cook for 12 mins.
- **b)** Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



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).



Make the Sauce

- a) Once the lamb has browned, add the 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 for the sauce (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.



Tzatziki Time

- a) In a medium bowl, mix the Greek yogurt, chopped cucumber and half the mint.
- b) Stir well to combine. This is your tzatziki. Season to taste with salt and pepper.



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.