



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

Pantry Items
Water

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, frying pan, sieve, garlic press and bowl.

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 pot	1 pot	2 pots
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**	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	411g	100g
Energy (kJ/kcal)	2789 / 666	679 / 162
Fat (g)	27	7
Sat. Fat (g)	10	2
Carbohydrate (g)	76	19
Sugars (g)	11	3
Protein (g)	31	8
Salt (g)	1.92	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Fry the Lamb

a) Bring a large saucepan of **water** to the boil with **¼ 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 and equipment after handling raw mince.*



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) Stir in the **water for the sauce** (see ingredients for amount) and **chicken stock paste**.

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 your pan of **water** is 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.



Tzatziki Time

a) Put the **yoghurt**, **chopped cucumber** and **half the mint** into a medium bowl.

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!