



Fragrant Beef Pilaf

with Flaked Almonds, Spinach and Coriander Yoghurt

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

12



Flaked Almonds



Beef Mince



Red Onion



Garlic Clove



Basmati Rice



Coriander



Spring Onion



Harissa Paste



Ground Turmeric



Beef Stock Paste



Baby Spinach



Greek Yoghurt

Before you start

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Flaked Almonds 2)	15g	25g	30g
Beef Mince**	240g	360g	480g
Red Onion**	1	1	2
Garlic Clove	1	1	2
Basmati Rice	150g	225g	300g
Coriander**	1 bunch	1 bunch	1 bunch
Spring Onion**	1	2	2
Harissa Paste	1 sachet	1½ sachets	2 sachets
Ground Turmeric	1 sachet	1 sachet	2 sachets
Beef Stock Paste	10g	15g	20g
Water for Beef*	50ml	75ml	100ml
Baby Spinach**	100g	150g	200g
Greek Yoghurt 7)**	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	392g	100g
Energy (kJ/kcal)	3191 /763	814 /195
Fat (g)	35	9
Sat. Fat (g)	12	3
Carbohydrate (g)	71	18
Sugars (g)	10	3
Protein (g)	39	10
Salt (g)	1.69	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Get Started

a) Heat a large frying pan on medium heat (no oil). Once hot, add the **flaked almonds** and cook, stirring regularly, until lightly toasted, 1-2 mins.

TIP: Watch them like a hawk as the can burn easily. Set aside in a bowl.

b) In the same frying pan, heat a drizzle of **oil** over high heat. Once hot, add the **beef** and cook until browned, 4-5 mins, break it up with a wooden spoon as it cooks. Drain any excess **oil** from the pan. Season with **salt** and **pepper**. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Wilt the Spinach

a) Stir the **beef stock paste** and **water** (see ingredients for amounts), into the **beef mix** and bring to the boil.

b) Add the **spinach** to the pan a handful at a time and stir in until wilted and piping hot, 1-2 mins.

c) Taste and season with **salt** and **pepper** if necessary.



Cook the Rice

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

b) When boiling, add the **rice** and cook for 12 mins.

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



Mix the Yoghurt

a) Put the **Greek yoghurt** into a small bowl and mix in **half** of the **coriander**. Season with **salt** and **black pepper** then set aside.

b) Fold the **cooked rice** gently through the **beef mixture** with the remaining **coriander**.

c) Taste and add more **salt** and **pepper** if needed.



Prep the Rest

a) While the **rice** is cooking, roughly chop the **coriander** (stalks and all), trim and thinly slice the **spring onion**.

b) Meanwhile, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).

c) On medium-high heat, stir the **red onion** into the pan with the **beef**. Cook the **onion** until soft, 3-4 mins.

d) Lower the heat and add the **garlic**, **harissa paste** and **turmeric** and cook, stirring, for 1 min.



Serve

a) Serve the **beef pilaf** in deep bowls with a generous dollop of **coriander yoghurt**.

b) Sprinkle the toasted **flaked almonds** and **sliced spring onion** over the **pilaf**.

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.