



Fragrant Beef Pilaf

with Flaked Almonds, Spinach and Coriander Yoghurt

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

13



Flaked Almonds



Beef Mince



Red Onion



Garlic Clove



Basmati Rice



Coriander



Spring Onion



Harissa Paste



Ground Turmeric



Beef Stock Paste



Baby Spinach



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

Frying pan, garlic press, saucepan, lid, sieve and bowl.

Ingredients

	2P	3P	4P
Flaked Almonds 2)	15g	25g	40g
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 the Beef*	50ml	75ml	100ml
Baby Spinach**	100g	100g	200g
Greek Style Natural Yoghurt**	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	440g	100g
Energy (kJ/kcal)	3231/772	735/176
Fat (g)	37	8
Sat. Fat (g)	12	3
Carbohydrate (g)	72	16
Sugars (g)	9	2
Protein (g)	38	9
Salt (g)	1.70	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 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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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 they burn easily. Set aside in a small bowl.

b) In the same pan, heat a drizzle of **oil** on high heat. Once hot, add the **beef** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.

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



Wilt the Spinach

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

b) Add the **spinach** to the pan a handful at a time and stir 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 $\frac{1}{4}$ **tsp salt** for the **rice**.

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

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



Mix the Coriander Yoghurt

a) Put the **yoghurt** into a small bowl and mix in **half** 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.



Build your Flavours

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

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

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



Serve

a) When everything is ready, serve the **beef pilaf** in deep bowls topped with a generous dollop of **coriander yoghurt**.

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

Enjoy!