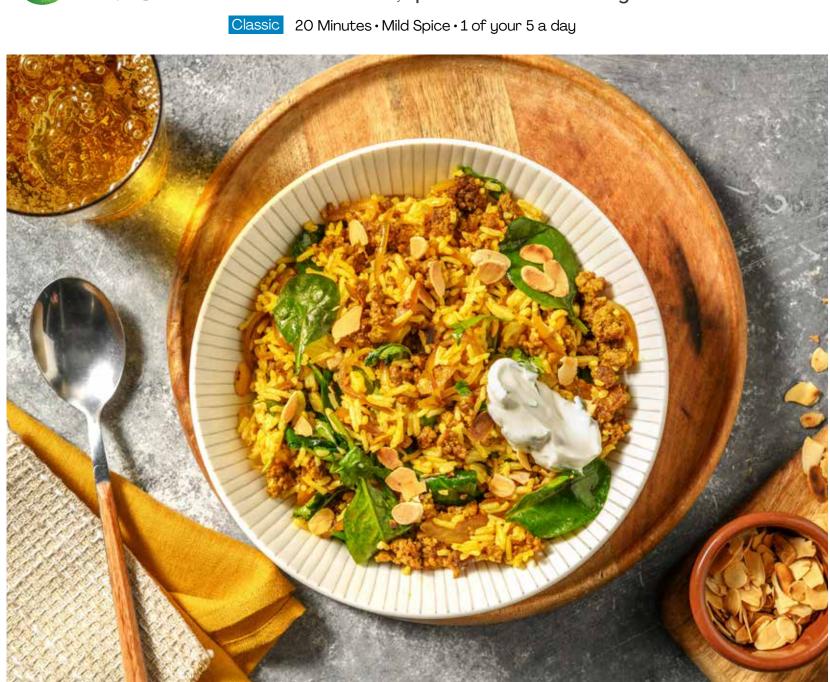


Harissa Spiced Beef Pilaf

with Flaked Almonds, Spinach and Coriander Yoghurt











Basmati Rice



Flaked Almonds



Beef Mince





Harissa Paste



Ground Turmeric





Beef Stock Paste



Greek Style Natural Yoghurt



Before you start

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

Cooking tools

Kettle, garlic press, saucepan, lid, sieve, frying pan and bowl

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	1	1	2
Basmati Rice	150g	225g	300g
Flaked Almonds 2)	15g	25g	40g
Beef Mince**	240g	360g	480g
Coriander**	1 bunch	1 bunch	1 bunch
Harissa Paste	1 sachet	1½ sachet	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	150g	200g
Greek Style Natural Yoghurt** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	432g	100g
Energy (kJ/kcal)	3239 /774	749 / 179
Fat (g)	36.7	8.5
Sat. Fat (g)	12.0	2.8
Carbohydrate (g)	71.9	16.6
Sugars (g)	8.7	2.0
Protein (g)	38.0	8.8
Salt (g)	1.70	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nuts 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.

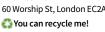
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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ







Cook the Rice

- a) Boil a full kettle.
- **b)** Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).
- c) When boiling, pour the water into a large saucepan with ¼ tsp salt on high heat. Add the rice and cook for 10-12 mins.
- **d)** Drain well in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Toast the Almonds

- **a)** Meanwhile, heat a large frying pan on medium heat (no oil).
- **b)** Once the pan is hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 1-2 mins. TIP: Watch them like a hawk as they can burn easily. Transfer to a bowl.



Brown the Mince

- **a)** Pop the (now empty) pan back on high heat with a drizzle of **oil**.
- b) Once hot, add the **beef mince** 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.
- **c)** Meanwhile, roughly chop the **coriander** (stalks and all).



Add the Flavour

- a) Once the mince has browned, lower the heat to medium and add the onion. Cook until soft,
 3-4 mins, then add the garlic, harissa paste and turmeric. Stir-fry for 30 secs.
- b) Stir in the beef stock paste and water for the beef (see ingredients for amount), bring to the boil, then lower the heat. IMPORTANT: The mince is cooked when no longer pink in the middle.
- **c)** Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- **d)** Taste and season with **salt** and **pepper** if needed.



Mix the Coriander Yoghurt

- **a)** In a small bowl, combine the **yoghurt** and **half** the **coriander**. Season with **salt** and **pepper**, then set aside.
- **b)** Gently fold the **cooked rice** and remaining **coriander** through the **beef**.
- c) Taste and add more salt and pepper if needed.



Serve

- a) When everything is ready, serve the harissa beef pilaf in bowls and top with a generous dollop of coriander yoghurt.
- b) Sprinkle over the almonds to finish.

Enjoy!