



# Middle Eastern Style Lamb Pilaf with Dukkah Roasted Tenderstem® Broccoli

**Rapid** 20 Minutes • Little Spice • 1 of your 5 a day

15



Basmati Rice



Red Onion



Garlic Clove



Lemon



Mint



Flaked Almonds



Lamb Mince



Ras-el-Hanout



Ground Turmeric



Tenderstem® Broccoli



Dukkah Mix

## Before you start

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

## Cooking tools, you will need:

Saucepan, Sieve, Garlic Press, Zester, Frying Pan, Wooden Spoon, Baking Tray, Plate.

## Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Red Onion**	1	2	2
Garlic Clove	1	2	2
Lemon**	1	1	1
Mint**	1 bunch	1 bunch	1 bunch
Flaked Almonds 2)	15g	25g	25g
Lamb Mince**	200g	300g	400g
Ras-el-Hanout	1 sachet	1 sachet	2 sachets
Ground Turmeric	½ sachet	¾ sachet	1 sachet
Tenderstem® Broccoli**	80g	120g	150g
Dukkah Mix 1) 2) 3) 10)	1 sachet	1 sachet	2 sachets

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>338g</b>	<b>100g</b>
Energy (kJ/kcal)	2452/586	726/174
Fat (g)	20	6
Sat. Fat (g)	7	2
Carbohydrate (g)	71	21
Sugars (g)	6	2
Protein (g)	31	9
Salt (g)	0.27	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 2) Nut 3) Sesame 10) Celery

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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HelloFresh UK

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 You can recycle me!



## Rice Rice Baby

- Preheat your oven to 200°C.
- Bring a large saucepan of **water** to the boil with ¼ tsp of **salt** for the **rice**.
- When boiling, add the **rice** and cook for 12 mins.
- Drain in a sieve.



## Roast the Broccoli

- Pop the **broccoli** onto the tray with a drizzle of **oil**, season with **salt** and **pepper** and toss well to coat.
- Roast on the top shelf of your oven until tender and starting to char, 10-12 mins.



## Prepare

- Meanwhile, halve, peel and thinly slice the **red onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Zest the **lemon** and cut into **wedges**.
- Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



## Spice Up your Life

- Once the **rice** is cooked, add it to the pan with the **lamb**.
- Mix well to evenly coat the **rice** in the **spices**.
- Add the **lemon zest** and a squeeze of **lemon juice**.
- Taste and season with **salt** and **pepper** and more **lemon juice** if needed.



## Lamb in the Pan

- Heat a medium frying pan on a medium-high heat (no **oil**).
- When hot, add the **almonds** and toast until golden, 2-3 mins, then remove.
- Return the pan to the heat. Add the **lamb** and the **sliced onion**. Use a spoon to break up the **lamb**.
- Cook, stirring occasionally, until the **lamb** has browned and the **onion** is tender, 5-6 mins.  
**IMPORTANT:** The mince is cooked when no longer pink in the middle. Wash your hands after handling raw mince.
- Add the **garlic**, **ras-el-hanout** and **turmeric** and cook for a further 1 min. Stir well and season to taste with **salt** and **pepper**.



## Time to Serve

- Share the **lamb pilaf** between your plates.
- Pop the **roasted broccoli** on the side and sprinkle the **dukkah** over it.
- Finally, sprinkle the **almonds** and **mint** over the **pilaf**.
- Serve with any remaining **lemon wedges** alongside.

Enjoy!