



Middle Eastern Style Spiced Lamb and Rice with Harissa and Mint Yoghurt

Rapid 20 Minutes • Medium Spice

15



Lamb Mince



Basmati Rice



Echalion Shallot



Garlic Clove



Mint



Harissa Paste



Middle Eastern
Style Spice Mix



Tomato Puree



Chicken Stock Paste



Greek Style Natural
Yoghurt

Pantry Items

Salt, Pepper

Before you start

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

Cooking tools

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

Ingredients

	2P	3P	4P
Lamb Mince**	200g	300g	400g
Basmati Rice	150g	225g	300g
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Mint**	1 bunch	1 bunch	1 bunch
Harissa Paste	1 sachet	1½ sachets	2 sachets
Middle Eastern Style Spice Mix	1 pot	2 pots	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	296g	100g
Energy (kJ/kcal)	2639/631	892/213
Fat (g)	25.8	8.7
Sat. Fat (g)	9.5	3.2
Carbohydrate (g)	71.2	24.1
Sugars (g)	8.7	2.9
Protein (g)	30.0	10.1
Salt (g)	1.63	0.55

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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1 Fry the Lamb

- Boil a full kettle.
 - Heat a medium frying pan on medium-high heat (no oil).
 - Once hot, add the **lamb 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.
- IMPORTANT:** Wash your hands and equipment after handling raw mince.



4 Bring on the Spicy Sauce

- Once the **lamb** has browned, add the **onion** and cook, stirring occasionally, until softened, 3-4 mins.
- Add the **garlic, harissa paste, Middle Eastern style spice mix** and **tomato puree**. Cook for 1 min more.
- Stir in the **water for the sauce** (see ingredients for amount) and **chicken stock paste**. Season with **salt and pepper**.

- Bring to the boil, then cook until the **sauce** is slightly thickened and the **lamb** is cooked through, 2-3 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



2 Cook the Rice

- When boiling, pour the **water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



5 Mix your Mint Yoghurt

- Meanwhile, mix together the **yoghurt** and **half the mint** in a small bowl.
- Season to taste with **salt and pepper**.



3 Prep Time

- Meanwhile, halve, peel and thinly slice the **shallot**.
- Peel and grate the **garlic** (or use a garlic press).
- Pick the **mint leaves** from their stalks and finely chop (discard the stalks).



6 Finish and Serve

- Once the **sauce** has thickened and the **rice** is cooked, add the **rice** to the **lamb** and mix well to combine.
- Share the **lamb and rice** between your bowls.
- Spoon the **mint yoghurt** on top and sprinkle over the remaining **mint** to finish.

Enjoy!