



Middle Eastern Roast Veggie Pilaf Rice

with Almonds, Feta & Garlic Yoghurt

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Parsnip



Onion



Peeled Pumpkin Pieces



Ras El Hanout



Slivered Almonds



Garlic



Silverbeet



Greek-Style Yoghurt



Chermoula Spice Blend



Basmati Rice



Vegetable Stock Powder



Cow's Milk Feta



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins



Calorie Smart[^]

[^]Custom Recipe is not Calorie Smart



Eat Me Early*

*Custom Recipe only

We wanted to give you a big hug today, so we hope this roast veggie pilaf rice will suffice. It's fluffy and packed full of hearty veggies we know you love like spiced pumpkin. The creamy feta sprinkled on top is our way of showing just how much we love you.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
onion	1 (medium)	1 (large)
peeled pumpkin pieces	1 bag (200g)	1 bag (400g)
ras el hanout	1 medium sachet	1 large sachet
slivered almonds	1 packet	2 packets
garlic	3 cloves	6 cloves
silverbeet	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet
butter*	15g	30g
chermoula spice blend	1 medium sachet	1 large sachet
basmati rice	1 packet	1 packet
vegetable stock powder	1 large sachet	2 large sachets
water*	1¾ cups	3½ cups
white wine vinegar*	drizzle	drizzle
cow's milk feta	¼ packet	½ packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2690kJ (643Cal)	620kJ (148Cal)
Protein (g)	19.4g	4.5g
Fat, total (g)	24.1g	5.6g
- saturated (g)	9.3g	2.1g
Carbohydrate (g)	87.2g	20.1g
- sugars (g)	13.7g	3.2g
Sodium (mg)	1725mg	398mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3449kJ (824Cal)	581kJ (139Cal)
Protein (g)	51.9g	8.7g
Fat, total (g)	29.8g	5g
- saturated (g)	11g	1.9g
Carbohydrate (g)	87.2g	14.7g
- sugars (g)	13.7g	2.3g
Sodium (mg)	1823mg	307mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW27



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **parsnip** into bite-sized chunks. Slice **onion** into wedges.
- Place **peeled pumpkin pieces, parsnip and onion** on a lined oven tray.
- Sprinkle with **ras el hanout**, a pinch of **salt** and a drizzle of **olive oil**. Toss to coat and roast until tender, **20-25 minutes**.
- When the veggies have **3-4 minutes** remaining, add **slivered almonds** to one side of the tray and bake until golden.

4



Cook the rice

- Return the saucepan to medium-high heat with the **butter** and a dash of **olive oil**.
- Cook **chermoula spice blend** and the remaining **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice, vegetable stock powder** and the **water**, stir, then bring to the boil. Reduce heat to low, cover with a lid and cook for **9 minutes**.
- Add **silverbeet** and cook for a further **3 minutes**.
- Remove from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

Custom Recipe: Before cooking the aromatics, cook chicken, tossing occasionally, until cooked through, 5-6 minutes. Continue with step.

2



Get prepped

- While the veggies are roasting, finely chop **garlic**.
- Roughly chop **silverbeet**.

Custom Recipe: If you've added chicken breast to your meal, cut chicken into 2cm chunks.

5



Bring it all together

- When the rice is done, stir through **roasted veggies** and a drizzle of **white wine vinegar**.

3



Make the garlic yoghurt

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook half the **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste.

6



Serve up

- Divide Middle Eastern roast veggie pilaf rice between bowls.
- Top with garlic yoghurt and almonds. Crumble over **feta cheese (see ingredients)** to serve. Enjoy!

Rate your recipe

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