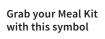


# Middle Eastern Roast Veggie Pilaf Rice

with Almonds, Feta & Garlic Yoghurt

CLIMATE SUPERSTAR













Ras El Hanout

Peeled Pumpkin Pieces



Slivered Almonds





Basmati Rice

Cow's Milk



Chermoula Spice





Vegetable Stock



Powder





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



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.

**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 Doonlo        | 4 Poople        |
|---------------------------|-----------------|-----------------|
|                           | 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<br>yoghurt    | 1 medium packet | 1 large packet  |
| butter*                   | 15g             | 30g             |
| chermoula spice<br>blend  | 1 medium sachet | 1 large sachet  |
| basmati rice              | 1 packet        | 1 packet        |
| vegetable stock<br>powder | 1 large sachet  | 2 large sachets |
| water*                    | 1¾ cups         | 3½ cups         |
| white wine<br>vinegar*    | drizzle         | drizzle         |
| cow's milk feta           | 1/4 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)      | <b>3449kJ</b> (824Cal) | <b>581kJ</b> (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





# 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.



# 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.



# 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.



### 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.



# Bring it all together

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



# 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!



Did we make your tastebuds happy?
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