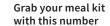


One-Pot Moroccan Beef & Veggie Pilaf

with Yoghurt & Roasted Cashews

















Moroccan Curry







Chermoula Spice





Baby Leaves

Beef-Style Stock Powder





Yoghurt





Crushed Roasted Cashews



Prep in: 10-20 mins Ready in: 35-45 mins



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Large saucepan with a lid

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
beef mince	1 medium packet	2 medium packets OR 1 large packet	
soffritto mix	1 medium packet	1 large packet	
Moroccan Curry Paste	1 medium packet	1 large packet	
garlic paste	1 small packet	1 medium packet	
chermoula spice blend	1 medium sachet	1 large sachet	
jasmine rice	1 medium packet	1 large packet	
boiling water*	1¼ cups	2½ cups	
beef-style stock powder	1 large sachet	2 large sachet	
baby leaves	1 medium packet	1 large packet	
Greek-style yoghurt	1 medium packet	1 large packet	
crushed roasted cashews	1 medium packet	2 medium packets	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2531kJ (605Cal)	612kJ (146Cal)
Protein (g)	38.7g	9.4g
Fat, total (g)	27.7g	6.7g
- saturated (g)	9.9g	2.4g
Carbohydrate (g)	47g	11.4g
- sugars (g)	14.6g	3.5g
Sodium (mg)	2121mg	513mg
Dietary Fibre (g)	4.7g	1.1g

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.



Cook the beef

- · Boil the kettle.
- In a large saucepan, heat a drizzle of olive oil over high heat. Cook beef mince, breaking up with a spoon, until just browned, 4-5 minutes.



Cook the pilaf

- Add jasmine rice to the saucepan and stir to coat. Add the boiling water
 (1½ cups for 2 people / 2½ cups for 4 people) and beef-style stock powder,
 stir, then bring to the boil.
- Cover with a lid and reduce heat to medium-low. Cook for 10 minutes, then
 remove pan from the heat and keep covered until rice is tender and water is
 absorbed, 10-12 minutes.
- When the rice is done, gently stir through **baby leaves**.

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



Add the aromatics

- Add soffritto mix and cook, stirring until tender, 3-4 minutes.
- SPICY! The curry paste is spicy so use a little less if you prefer your pilaf mild.
 Add another drizzle of olive oil, the Moroccan curry paste, garlic paste and chermoula spice blend and cook, stirring, until fragrant, 1-2 minutes.



Serve up

- Divide one-pot Moroccan beef and veggie pilaf rice between bowls.
- Dollop with Greek-style yoghurt.
- · Garnish with crushed roasted cashews to serve. Enjoy!



