

# One-Pot Moroccan Beef & Veggie Pilaf

with Yoghurt & Roasted Almonds

Grab your meal kit with this number

29



Beef Mince



Roasted Almonds



Soffritto Mix



Moroccan Curry Paste



Garlic Paste



Chermoula Spice Blend



Jasmine Rice



Chicken-Style Stock Powder



Baby Leaves



Greek-Style Yoghurt



Peeled Prawns



Pork Mince

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

Calorie Smart

One pot cooking isn't just convenient, it's also full of lots of lovely flavours as everything comes together. Take a beef and veggie pilaf, the Moroccan and chermoula spices melt in the bowl. One irresistible and easy dinner coming right up!

### Pantry items

Olive Oil



## 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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beef mince	1 medium packet	2 medium packets OR 1 large packet
roasted almonds	1 packet	2 packets
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
<b>boiling water*</b>	1¼ cups	2½ cups
chicken-style stock powder	1 large sachet	2 large sachets
baby leaves	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2538kJ (607Cal)	614kJ (147Cal)
Protein (g)	36.1g	8.7g
Fat, total (g)	30.5g	7.4g
- saturated (g)	10.8g	2.6g
Carbohydrate (g)	47g	11.4g
- sugars (g)	14.6g	3.5g
Sodium (mg)	2135mg	516mg
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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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**.
- Meanwhile, roughly chop **roasted almonds**.

3



## Cook the pilaf

- Add **jasmine rice** to the saucepan and stir to coat. Add the **boiling water** (1¼ cups for 2 people / 2½ cups for 4 people) and **chicken-style stock powder**, stir, then bring to the boil.
- Cover with a lid and reduce heat to medium-low. Cook for **12 minutes**, then remove pan from the heat and keep covered until rice is tender and water is absorbed, **10-15 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!

2



## 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**.

4



## Serve up

- Divide one-pot Moroccan beef and veggie pilaf rice between bowls.
- Dollop with **Greek-style yoghurt**.
- Sprinkle over **roasted almonds** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



### CUSTOM OPTIONS



#### SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes. Stir through with baby leaves.



#### SWAP TO PORK MINCE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

