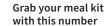


One-Pot Moroccan Beef & Veggie Pilaf

with Yoghurt & Roasted Almonds











Roasted Almonds







Soffritto Mix

Moroccan Curry





Garlic Paste

Chermoula Spice





Jasmine Rice

Chicken-Style Stock Powder





Baby Leaves





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



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

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	2 People	4 People	
olive oil*	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	
boiling water*	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 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.
- Meanwhile, roughly chop roasted almonds.



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.



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 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!



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!



