

Quick Chermoula Lamb & Chickpea Rice Bowl with Baby Leaves & Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number





Jasmine Rice



Chicken-Style Stock Powder



Lamb Mince



Soffritto Mix





Garlic Paste



Tomato Paste



Chermoula Spice Blend

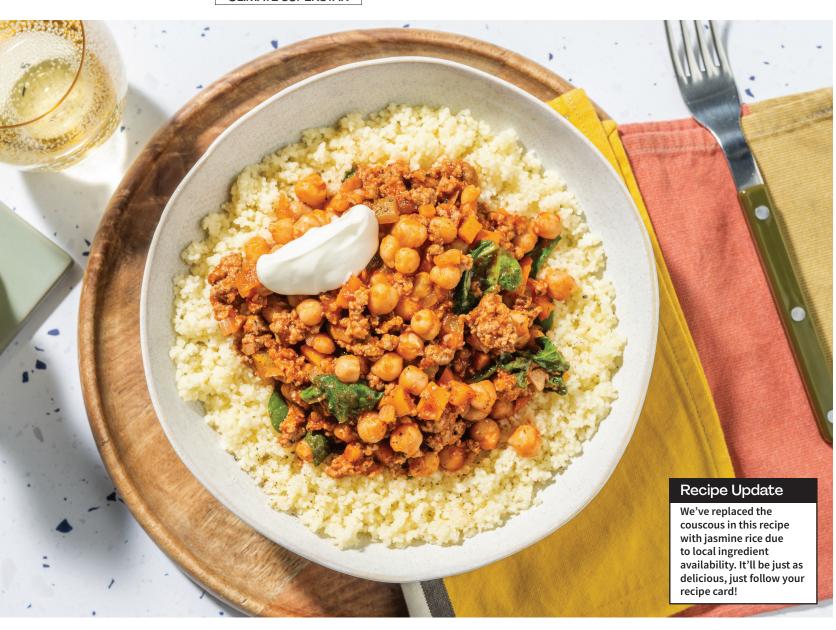


Baby Leaves









Prep in: 15-25 mins Ready in: 15-25 mins

Chermoula spice is the ultimate complimentary seasoning for tender lamb and protein-rich chickpeas, and with hearty jasmine rice plus a cooling yoghurt, this bowl is a burst of flavour in every bite! We can't wait to dig in.

Pantry items

Olive Oil, Brown Sugar, Butter

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

Medium saucepan with lid · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
water (for the rice)*	3/4 cup	1½ cups	
jasmine rice	1 medium packet	1 large packet	
chicken-style stock powder	1 medium sachet	1 large sachet	
lamb mince	1 medium packet	2 medium packets or 1 large packet	
soffritto mix	1 medium packet	1 large packet	
chickpeas	½ tin	1 tin	
garlic paste	1 small packet	1 medium packet	
tomato paste	1 packet	2 packets	
brown sugar*	2 tsp	1 tbs	
water (for the sauce)*	½ cup	1 cup	
butter*	20g	40g	
chermoula spice blend	1 medium sachet	1 large sachet	
baby leaves	1 small packet	1 medium packet	
Greek-style yoghurt	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3478kJ (831Cal)	608kJ (145Cal)
Protein (g)	47.4g	8.3g
Fat, total (g)	37g	6.5g
- saturated (g)	16.3g	2.9g
Carbohydrate (g)	70.2g	12.3g
- sugars (g)	15.5g	2.7g
Sodium (mg)	1681mg	294mg
Dietary Fibre (g)	16.3g	2.9g

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 rice

- Add the water (for the rice) to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for 10 minutes, then remove the pan from heat and keep covered until rice is tender and all the water is absorbed, 10 minutes. Stir through chicken-style stock powder.

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



Make the sauce

- Add chickpeas, garlic paste, tomato paste and the brown sugar and cook, stirring, until fragrant, 1-2 minutes.
- Add the water (for the sauce) and butter. Stir to combine and simmer until slightly reduced, 1 minute.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat! Add chermoula spice blend and baby leaves and stir to combine. Season to taste.



Cook the lamb

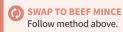
- When the rice has 10 minutes remaining, in a large frying pan, heat a drizzle
 of olive oil over medium-high heat. Cook lamb mince and soffritto mix
 until just browned, 4-5 minutes.
- Meanwhile, drain and rinse chickpeas (see ingredients).



Serve up

- Divide rice between bowls.
- Top with chermoula lamb and chickpeas.
- Serve with **Greek-style yoghurt**. Enjoy!







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

