



# Quick Chermoula Lamb & Chickpea Rice Bowl

with Baby Leaves & Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

26



### Recipe Update

We've replaced the couscous in this recipe with jasmine rice due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Jasmine Rice



Chicken-Style Stock Powder



Lamb Mince



Soffritto Mix



Chickpeas



Garlic Paste



Tomato Paste



Chermoula Spice Blend



Baby Leaves



Greek-Style Yoghurt



Beef Mince



Lamb Mince

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water (for the rice)*</b>	¾ 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
<b>brown sugar*</b>	2 tsp	1 tbs
<b>water (for the sauce)*</b>	½ cup	1 cup
<b>butter*</b>	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](https://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!

## We're here to help!

Scan here if you have any questions or concerns

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## CUSTOM OPTIONS

 **SWAP TO BEEF MINCE**  
Follow method above.

 **DOUBLE LAMB MINCE**  
Follow method above, cooking in batches if necessary.

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

