

One-Pot Chermoula Venison Pilaf

with Yoghurt & Crushed Peanuts

HELLOHERO

Grab your meal kit with this number

18



Venison & Beef Mince



Soffritto Mix



Garlic Paste



Chermoula Spice Blend



Jasmine Rice



Chicken-Style Stock Powder



Baby Leaves



Greek-Style Yoghurt



Crushed Peanuts



Peeled Prawns



Pork Mince

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



Protein Rich



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 venison 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 with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
venison & beef mince	1 medium packet	2 medium packets OR 1 large packet
soffritto mix	1 medium packet	1 large packet
garlic paste	1 medium packet	2 medium packets
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
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2611kJ (631cal)	631kJ (152cal)
Protein (g)	36.3g	8.8g
Fat, total (g)	33.5g	8.1g
- saturated (g)	10.9g	2.6g
Carbohydrate (g)	43.1g	10.4g
- sugars (g)	14.3g	3.5g
Sodium (mg)	1983mg	479mg
Dietary Fibre (g)	5.1g	1.2g

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.

1



Cook the beef

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

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, then 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**.
- Add another drizzle of **olive oil**, **garlic paste** and **chermoula spice blend** and cook, stirring until fragrant, **1-2 minutes**.

4



Serve up

- Divide one-pot chermoula venison pilaf between bowls.
- Dollop with **Greek-style yoghurt**.
- Garnish with **crushed peanuts** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



CUSTOM OPTIONS



SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.



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.

