



# One-Pot Venison Pilaf

with Yoghurt & Crushed Peanuts

TASTE OF MIDDLE EAST



Grab your meal kit with this number

26



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

One-pot cooking isn't just convenient, it's also full of lots of lovely flavours as everything comes together. Take this delicious beef and venison veggie pilaf, the 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
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	1 large 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	2 medium packets
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3172kJ (758Cal)	842kJ (201Cal)
Protein (g)	39g	10.4g
Fat, total (g)	32.5g	8.6g
- saturated (g)	10.8g	2.9g
Carbohydrate (g)	74.8g	19.9g
- sugars (g)	9.1g	2.4g
Sodium (mg)	1540mg	409mg
Dietary Fibre (g)	6.2g	1.6g

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.

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 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!** This is a mild spice blend, but use less if you're sensitive to heat! Add another drizzle of **olive oil**, **garlic paste** and **chermoula spice blend** and cook, stirring, until fragrant, **1-2 minutes**.

4



## Finish & serve

- Divide one-pot venison pilaf rice 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

2025 | CW06



### CUSTOM OPTIONS



#### SWAP TO PEELED PRAWNS

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



#### SWAP TO PORK MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

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

