



# Easy Tunisian Lamb & Rapid Spinach Rice

with Tomato Salsa & Currants

Grab your Meal Kit with this symbol



Basmati Rice



Vegetable Stock Powder



Tomato



Cucumber



Lamb Mince



Tunisian Seasoning



Currants



Baby Spinach Leaves



Greek-Style Yoghurt



Parsley

Hands-on: **15-25 mins**  
 Ready in: **20-30 mins**

Calorie Smart

Introduce your tastebuds to the incredible flavour of Tunisian seasoning, a North African spice that really packs a punch. Sitting on a bed of spinach rice that's studded with currants and topped with yoghurt, this tender lamb dish offers a depth of flavour and a speedy turnaround time that's sure to knock your socks off.

### Pantry items

Olive Oil, White Wine Vinegar, Butter, Honey

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
vegetable stock powder	1 sachet	1 sachet
tomato	2	4
cucumber	1 (medium)	1 (large)
white wine vinegar*	drizzle	drizzle
lamb mince	1 packet	1 packet
Tunisian seasoning	1 sachet	2 sachets
currants	1 packet	1 packet
butter*	20g	40g
honey*	1 tsp	2 tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
Greek-style yoghurt	1 medium packet	1 large packet
parsley	1 bunch	1 bunch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2700kJ (645Cal)	568kJ (135Cal)
Protein (g)	36.8g	7.7g
Fat, total (g)	20.3g	4.3g
- saturated (g)	9.9g	2.1g
Carbohydrate (g)	81g	17g
- sugars (g)	15.9g	3.3g
Sodium (mg)	1132mg	237mg

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.

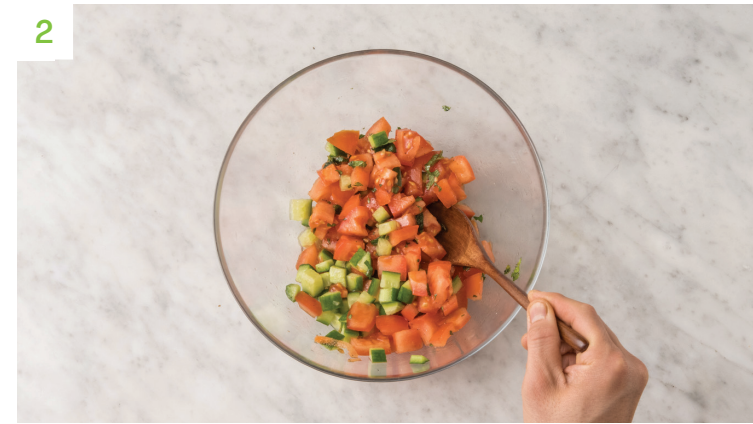
1



## Make the rapid rice

Boil a kettle of water. Half-fill a medium saucepan with the **boiling water**. Add the **basmati rice**, **vegetable stock powder** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**. Drain and set aside.

2



## Make the salsa

While the rice is cooking, roughly chop the **tomato** and **cucumber**. In a medium bowl, combine the **tomato**, **cucumber**, a drizzle of **olive oil** and a drizzle of **white wine vinegar**. Season with **salt** and **pepper**. Set aside.

3



## Cook the lamb

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **lamb mince**, breaking it up with a spoon, until just browned, **4-5 minutes**. Add the **Tunisian seasoning**, **currants**, the **butter**, **honey** and a dash of **water** and stir until melted. Season and remove from the heat.

4



## Serve up

Add the **baby spinach leaves** to the rice and stir until wilted. Divide the rapid spinach rice between bowls. Top with the Tunisian lamb and salsa. Spoon over the **Greek-style yoghurt** and tear over the **parsley** leaves.

## Enjoy!