



Ras El Hanout Lamb Bowl

with Garlic Rice, Mint Yoghurt & Toasted Almonds

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Currants



Carrot



Courgette



Baby Spinach Leaves



Mint



Greek-Style Yoghurt



Flaked Almonds



Lamb Mince



Ras El Hanout



Tomato Paste



Beef-Style Stock Powder

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

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

Pantry items

Olive Oil, 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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
currants	½ packet	1 packet
salt*	¼ tsp	½ tsp
carrot	1	2
courgette	1	2
baby spinach leaves (30g)	1 bag (30g)	1 bag (60g)
mint	1 bunch	1 bunch
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 packet	2 packets
lamb mince	1 packet	1 packet
ras el hanout	1 sachet	1 sachet
tomato paste	½ packet	1 packet
beef-style stock powder	1 sachet	1 sachet
honey*	1 tsp	2 tsp
water* (for the sauce)	½ cup	1 cup

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3060kJ (731Cal)	556kJ (132Cal)
Protein (g)	41.4g	7.5g
Fat, total (g)	22.7g	4.1g
- saturated (g)	10g	1.8g
Carbohydrate (g)	93.9g	17.1g
- sugars (g)	23.6g	4.3g
Sodium (mg)	1378mg	251mg

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.



Make the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)**, **currants** (see ingredients) and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **courgette** until softened, **4-5 minutes**. Transfer to a bowl.



Get prepped

While the rice is cooking, grate the **carrot** (unpeeled). Finely chop the **courgette**. Roughly chop the **baby spinach leaves**. Pick and thinly slice the **mint leaves**. In a small bowl, combine the **Greek-style yoghurt** and **mint**. Set aside.



Cook the lamb

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **lamb mince**, breaking it up with a spoon, until just browned, **4-5 minutes**. Add the **ras el hanout** and **tomato paste** (see ingredients) and cook until fragrant, **1-2 minutes**. Add the cooked **veggies**, **beef-style stock powder**, **honey** and **water (for the sauce)** and cook, stirring, until slightly reduced, **1-2 minutes**. Season with **salt** and **pepper**.



Toast the flaked almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a second small bowl and set aside.



Serve up

Stir the baby spinach through the rice. Divide the garlic rice between bowls and top with the **ras el hanout** lamb and **mint yoghurt**. Garnish with the toasted almonds.

Enjoy!