



# Fragrant Lamb Pilaf

with Spinach and Minted Yoghurt

**CLASSIC** 45 Minutes • 1.5 of your 5 a day • Little Spice

N° 6



Lamb Mince



Red Onion



Ras-el-Hanout



Turmeric



Basmati Rice



Chicken Stock Powder



Garlic Clove



Mint



Lemon



Lentils



Baby Spinach



Natural Yoghurt

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Saucepan, Measuring Jug, Fine Grater (or Garlic Press), Colander and Frying Pan.

### Ingredients

	2P	3P	4P
Lamb Mince**	200g	300g	400g
Red Onion**	1	1	2
Ras-el-Hanout	1 small pot	¾ large pot	1 large pot
Turmeric	½ pot	¾ pot	1 pot
Water*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Garlic Clove	1	1	2
Mint**	1 bunch	1 bunch	1 bunch
Lemon**	½	¾	1
Lentils	½ carton	¾ carton	1 carton
Baby Spinach**	1 small bag	1 small bag	1 small bag
Natural Yoghurt 7)**	75g	100g	150g

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	606g	100g
Energy (kJ/kcal)	2573 /615	424 /101
Fat (g)	17	3
Sat. Fat (g)	6	1
Carbohydrate (g)	80	13
Sugars (g)	10	2
Protein (g)	34	6
Salt (g)	1.78	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 7) Milk

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Brown the Mince

Heat a saucepan on high heat (no oil!). Add the **lamb mince** and cook until browned, 5-6 mins. Use a wooden spoon to break it up as it cooks. Meanwhile, halve, peel and thinly slice the **red onion**. When the **lamb** has browned, drain off any excess **oil**, then add **half the onion** and cook until softened, 5-6 mins. Next, add the **ras-el-hanout** and **half the turmeric** and cook for one minute more.



## 4. Wilt the Spinach

Heat a splash of **oil** in another frying pan over medium heat. Add the remaining **onion** and cook until softened, 5 mins. Stir frequently to make sure they don't burn. Add the **baby spinach** and cook for 2 mins before adding the **garlic**. Cook until the **spinach** has wilted completely then stir in the **lentils**. Carry on cooking until the **lentils** are piping hot, 1-2 mins. Season to taste with **salt** and **pepper** and set aside.



## 2. Add the Rice

Add the **basmati rice** to the pan and stir to make sure it gets nicely coated in the **spices**. Then add the **water** (see ingredients for amount). Bring to the boil, add the **chicken stock powder** and stir to dissolve. Lower the heat to medium and pop a lid on. Cook for 10 mins then remove the pan from the heat and set aside for another 10 mins. The **rice** will finish cooking in its own steam. This is your pilaf!



## 5. Mix the Yoghurt

Put the **yoghurt** in a small bowl and mix in **half the mint** and a pinch of the remaining **turmeric**. Season with **salt** and **pepper** then set aside. When the **pilaf** is ready, fluff it up with a fork, then carefully add the **lentil mixture**, remaining **mint** and a squeeze of **lemon juice**. Taste and add more **salt**, **pepper** or **lemon juice** if you fancy.



## 3. Prep the Rest

While your pilaf cooks, finish off your last few jobs. Peel and grate the **garlic** (or use a garlic press). Pick the **mint leaves** from their stalks and finely chop (discard the stalks). Halve the **lemon**. Drain the **lentils** in a colander, rinse under cold **water** and set aside.



## 6. Serve

Serve the **lamb pilaf** in deep bowls with a generous dollop of **minty yoghurt**.

Enjoy!