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Mediterranean Lamb Hashweh Rice with Almonds

Hashweh literally means ‘stuffing’ in Arabic, but this rich dish of rice and ground lamb is too good to be hidden away as a mere afterthought to a main. The secret is fragrant spiced brown rice with tonnes of flavour, and the currants and almonds for rich sweetness and crunch.



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 1



gluten free



high protein

Pantry Items



Water



Olive Oil



Brown Rice



Red Onion



Carrot



Garlic



Lamb Mince



Cumin & Paprika
Spice Mix



Currants



Baby Spinach
Leaves



Slivered Almonds



Lemon



Parsley

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2P	4P	Ingredients
1 packet	2 packets	brown rice, rinsed well
3 cups	6 cups	water *
1 tbs	2 tbs	olive oil *
½	1	red onion, finely sliced
1	2	carrot, peeled & finely diced
1 clove	2 cloves	garlic, peeled & crushed
1 packet	2 packets	lamb mince
½ sachet	1 sachet	cumin & paprika spice mix (recommended amount)
1 packet	2 packets	currants
1 bag	2 bags	baby spinach leaves, washed
½ bunch	1 bunch	parsley, leaves picked & roughly chopped
1 packet	2 packets	slivered almonds
½	1	lemon, sliced into wedges

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2990	Kj
Protein	38.2	g
Fat, total	25.5	g
-saturated	5.5	g
Carbohydrate	78	g
-sugars	19.6	g
Sodium	169	mg

2a



You will need: chef's knife, chopping board, vegetable peeler, sieve, medium saucepan with a lid and large frying pan.

1 Place the **brown rice** and **water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes**, or until rice is soft. Drain and return to the saucepan. This is a good time to prepare your other ingredients.

2b



2 Meanwhile, heat the **olive oil** in a large frying pan over a medium-high heat. Cook the **red onion**, **carrot** and **garlic** for **5 minutes**, or until softened. Add the **lamb mince** and cook for **4-5 minutes**, or until browned. Add the **cumin & paprika spice mix** and cook for **1 minute**, or until fragrant. Stir in the **currants**, **baby spinach leaves**, half the **parsley** and half the **slivered almonds** (reserving the rest for the garnish). Add extra spice if desired. Now add the cooked brown rice and stir until combined. Remove from the heat and squeeze over the **lemon wedges**. Season with **salt** and **pepper**.

2c



3 To serve, divide the Hashweh rice between bowls. Top with remaining slivered almonds and parsley. Enjoy!

2d



Did you know? The largest onion ever grown weighed around 5 kg.