



Ras el Hanout Spiced Lamb and Rice

With Tzatziki

Rapid 20 Minutes • Medium Spice • 2 of your 5 a day

14



Lamb Mince



Basmati Rice



Red Onion



Garlic Clove



Cucumber



Mint



Ras el Hanout



Chicken Stock Powder



Tomato Passata



Greek Yoghurt

Before you start

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

Cooking tools, you will need:

Saucepan, Frying Pan, Wooden Spoon, Measuring Jug, Sieve, Garlic Press, Bowl

Ingredients

	2P	3P	4P
Lamb Mince**	200g	300g	400g
Basmati Rice	150g	225g	300g
Red Onion	1	1	2
Garlic Clove	2 clove	3 clove	4 clove
Cucumber**	½	¾	1
Mint**	½ bunch	¾ bunch	1 bunch
Ras el Hanout	1 small pot	¾ large pot	1 large pot
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Greek Yoghurt 7)**	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	532g	100g
Energy (kJ/kcal)	2519/602	474/113
Fat (g)	19	4
Sat. Fat (g)	9	2
Carbohydrate (g)	77	14
Sugars (g)	12	2
Protein (g)	31	6
Salt (g)	1.46	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Lamb in the Pan

a) Bring a large saucepan of **water** to the boil with a ¼ tsp of **salt** for the **rice**.

b) Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

c) When hot add the **lamb mince** and use a spoon to break it up as it cooks. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*

d) Keep frying, stirring occasionally, until it's brown all over, 3-5 mins. **TIP:** *Drain away any excess fat.*



Make the Sauce

a) Once the **lamb** has browned add the **red onion** and cook, stirring occasionally, until softened, 3-4 mins.

b) Add the **garlic** and **Ras el hanout** and cook for a further minute.

c) Add the **water** (see ingredients for amount), **chicken stock powder** and **tomato passata** and stir together.

d) Season with **salt** and **pepper**, bring to the boil and cook for 2-3 mins until slightly thickened.



Cook the Rice

a) When the **water** for the **rice** is boiling add the **rice** and cook for 12 mins.

b) Drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



Tzatziki Time

a) In a medium bowl mix the **Greek yoghurt**, chopped **cucumber** and **half** of the **mint**.

b) Stir well to combine. This is your **tzatziki**.

c) Season to taste with **salt** and **pepper**.



Prep Time

a) Meanwhile, halve, peel and thinly slice the **red onion**.

b) Peel and grate the **garlic** (or use a garlic press).

c) Halve the **cucumber** lengthways (see ingredients for amount), scoop out the seeds and discard them. Chop the rest into small pieces and pop into a medium sized bowl.

d) Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



Time To Serve

a) Once the **sauce** has thickened and the **rice** is cooked, add the **rice** to the pan and mix well to combine.

b) Share the **lamb and rice mixture** between your bowls.

c) Spoon the **tzatziki** on top and sprinkle over the remaining **mint**.

Enjoy!