



# Chermoula Beef & Brown Rice Bowl

with Dukkah Cauliflower & Cucumber Yoghurt

Grab your Meal Kit with this symbol



Garlic



Brown Rice



Cauliflower



Carrot



Dukkah



Beef Strips



Chermoula Spice Blend



Tomato



Mint



Cucumber



Greek Yoghurt



Flaked Almonds

Hands-on: **25-35 mins**  
 Ready in: **30-40 mins**  
 Naturally gluten-free  
*Not suitable for Coeliacs*

This nourishing Middle-Eastern style rice bowl is packed full of flavour with just the right balance of beef, veggies and a delicious cucumber yoghurt for a refreshing kick!

**Pantry items**  
 Olive Oil

## 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 · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
brown rice	1 packet	2 packets
water*	3 cups	6 cups
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
dukkah	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
beef strips	1 packet	1 packet
chermoula spice blend	1 sachet	2 sachets
tomato	1	2
mint	1 bunch	1 bunch
cucumber	1	2
Greek yoghurt	1 packet (100g)	1 packet (200g)
flaked almonds	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2710kJ (648Cal)	456kJ (109Cal)
Protein (g)	44.0g	7.4g
Fat, total (g)	18.9g	3.2g
- saturated (g)	4.9g	0.8g
Carbohydrate (g)	68.5g	11.5g
- sugars (g)	13.4g	2.3g
Sodium (g)	1200mg	202mg

## Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Cook the brown rice

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic** (or use a garlic press). In a medium saucepan, heat a **drizzle of olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **brown rice** and the **water**, stir, and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain, return to the saucepan and cover with a lid to keep warm.



## 4. Toast the 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 small bowl and set aside.



## 2. Roast the veggies

While the rice is cooking, cut the **cauliflower** into small florets. Cut the **carrot** (unpeeled) into 1cm chunks. Place the **cauliflower** and **carrot** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with a little **salt** and **pepper**. Roast until nearly tender, **15 minutes**. Add the **dukkah** to the **veggies** and toss to coat. Roast until tender and golden, **5-10 minutes**.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



## 5. Cook the beef strips

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **beef strips** and cook, tossing, until browned and cooked through, **1-2 minutes**.



## 3. Get prepped

While the veggies are roasting, place the **beef strips** in a bowl with the **chermoula spice blend**. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Finely chop the **tomato**. Pick the **mint** leaves and thinly slice. Place the **tomato** and **mint** in a bowl, **drizzle** with **olive oil**, season with **salt** and **pepper** and toss to combine. Finely chop the **cucumber**. Place the **cucumber** in a small bowl with the **Greek yoghurt**, season with **salt** and **pepper** and stir to combine.



## 6. Serve up

Divide the brown rice between bowls. Top with the chermoula beef and dukkah cauliflower and carrot. Spoon over the cucumber yoghurt and top with the tomato and mint. Garnish with the toasted flaked almonds.

**Enjoy!**