



Moroccan Plant-Based Mince & Spinach Rice

with Cucumber-Mint Salsa & Almonds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Baby Spinach Leaves



Plant-Based Mince



Tomato Paste



Chermoula Spice Blend



Cucumber



Tomato



Mint



Flaked Almonds



Haloumi

Recipe Update

Unfortunately, some of this week's ingredients were in short supply. As such, what you receive may be slightly different to what is pictured. Don't worry, the recipe will still be delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins
Ready in: 30-40 mins



Plant Based*

*Custom Recipe is not Plant-Based

Our plant-based mince looks, cooks and tastes a lot like the real deal, and stands up well to the cumin, paprika and turmeric in our chermoula spice blend. The spinach-laced basmati provides a touch of sweetness to enhance the Moroccan flavours, and might be the yummiest way to get your greens in.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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	3 cloves	6 cloves
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
baby spinach leaves	1 medium bag	1 large bag
plant-based mince	1 packet	2 packets
tomato paste	1 packet	1 packet
chermoula spice blend	1 medium sachet	1 large sachet
water* (for the sauce)	¾ cup	1½ cups
plant-based butter*	20g	40g
brown sugar*	pinch	pinch
cucumber	1	2
tomato	1	2
mint	1 bag	1 bag
white wine vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2755kJ (658Cal)	690kJ (165Cal)
Protein (g)	25.8g	6.5g
Fat, total (g)	22.6g	5.7g
- saturated (g)	4.9g	1.2g
Carbohydrate (g)	83.4g	20.9g
- sugars (g)	15.2g	3.8g
Sodium (mg)	1144mg	287mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3907kJ (934Cal)	798kJ (191Cal)
Protein (g)	42.9g	8.8g
Fat, total (g)	45.4g	9.3g
- saturated (g)	19.3g	3.9g
Carbohydrate (g)	84.6g	17.3g
- sugars (g)	16.2g	3.3g
Sodium (mg)	2179mg	445mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat.
- Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**. Stir, then bring to boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.
- Stir through **baby spinach leaves** until wilted.

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

Custom Recipe: If you've added haloumi, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water.

3



Make the cucumber-mint salsa

- Meanwhile, roughly chop **cucumber**, **tomato** and **mint** leaves.
- In a medium bowl, combine **cucumber**, **tomato** and **mint**. Add a drizzle of **olive oil** and the **white wine vinegar**. Toss to coat. Season to taste.

Custom Recipe: Drain haloumi and pat dry. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.

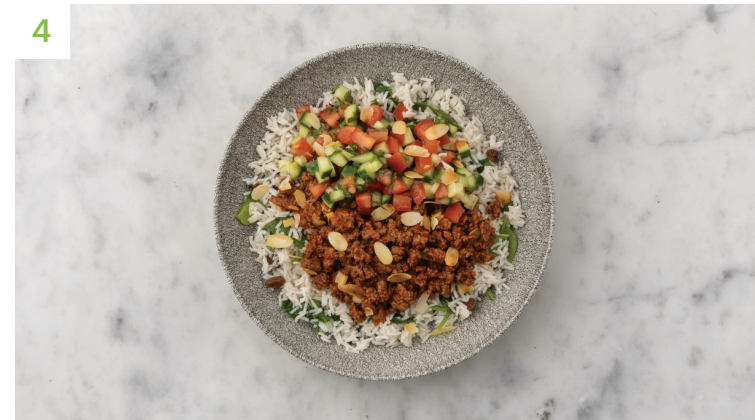
2



Cook the plant-based mince

- When the rice has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **plant-based mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Reduce heat to medium, then add **tomato paste**, **chermoula spice blend** and remaining **garlic**. Cook until fragrant, **1 minute**.
- Stir in the **water (for the sauce)**, the **plant-based butter** and a pinch of **brown sugar**. Simmer until slightly thickened, **1-2 minutes**.
- Season with **salt** and **pepper** to taste. Remove from heat.

4



Serve up

- Divide spinach rice between bowls. Top with Moroccan plant-based mince and cucumber mint salsa.
- Sprinkle with **flaked almonds** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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