

# MARLEY SPOON



## Moroccan Beef Pilaf

with Chickpeas and Almonds



30-40min



4 Portions

By using minced beef instead of a larger cut, we've accelerated the cooking time of this fragrant rice dish. Caramelised onions, aromatic ras el hanout, fresh coriander and raisins, however, ensure plenty of authentic flavour. Served simply with yoghurt, this mildly spiced dinner is one to consider for the whole family.

## What we send

- basmati rice
- Greek-style yoghurt <sup>7</sup>
- 2 garlic cloves and coriander
- slivered almonds <sup>15</sup>
- raisins
- chicken stock powder
- grass-fed beef mince
- ras el hanout
- onion
- chickpeas

## What you'll require

- olive oil
- sea salt flakes
- water

## Utensils

- large deep frypan
- medium frypan
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens.

## Nutrition per serving

Energy 775.0kcal, Fat 20.5g, Proteins 51.0g, Carbs 90.0g



### 1. Prepare ingredients

Halve and thinly slice the **onion**. Crush or finely chop the **garlic**. Coarsely chop the **coriander** leaves and finely chop the stems, keeping them separate. Drain and rinse the **chickpeas** in a sieve. Combine the **chicken stock powder** with the **boiling water** (see staples list) in a heatproof jug. Rinse the **rice** in a sieve under cold water until water runs clear.



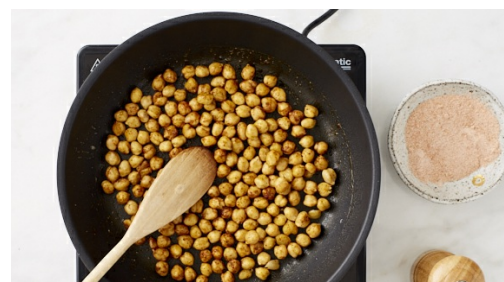
### 4. Toast almonds

Meanwhile, put the **almonds** in a cold medium frypan over medium heat. Toast, tossing, for 3-5 mins until golden. Remove from the pan and set aside.



### 2. Cook aromatics

Heat **half the oil** in a large deep frypan over medium-high heat. Add the **onion**, **garlic**, **half the ras el hanout** and the **coriander stems**. Cook, stirring, for 5 mins or until onion is golden.



### 5. Cook chickpeas

Heat the **remaining oil** in the pan. Add the **chickpeas**, **remaining ras el hanout** and season with **salt**. Cook, stirring, for 3 mins or until golden and warmed through. Set aside.



### 3. Cook pilaf

Increase the heat to high. Add the **beef** and cook for 2-3 mins until browned, stirring to break up any lumps. Stir in the **rice** and combine well to coat the grains. Add the **stock** and bring to the boil. Cover with a lid, reduce heat to low and simmer for 15 mins or until rice is cooked.



### 6. Get ready to serve

Stir **raisins** into the rice mixture. Cover with a lid, remove from heat and set aside for at least 5 mins. Stir in **half the coriander leaves** and the **chickpeas**. Divide among bowls and scatter over the **almonds** and **remaining coriander leaves**. Serve with the **yoghurt**.