



Ras-el-hanout Spiced Mushroom Bowl

with golden fried cheese and refreshing yoghurt sauce

20 – 25 mins • Veggie

21



Onion



Rice



Garlic



Grilling Cheese



Mushrooms



Lemon



Middle Eastern Style Spice Mix



Bell Pepper



Coriander



Yoghurt



Ras-el-Hanout



Stock

Pantry Items: Oil, Water, Salt, Oil, Pepper, Butter



Rate your recipe!

2025-W02

Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Grater, pot with lid

Ingredients

| | 2P | 4P |
|--------------------------------|----------|-----------|
| Onion | 1 unit | 2 units |
| Rice | 150 g | 300 g |
| Garlic | 2 units | 4 units |
| Grilling Cheese | 200 g | 400 g |
| Mushrooms | 150 g | 250 g |
| Lemon | 1 unit | 2 units |
| Middle Eastern Style Spice Mix | 1 sachet | 2 sachets |
| Bell Pepper | 1 unit | 2 units |
| Coriander | 5 g | 10 g |
| Yoghurt | 75 g | 150 g |
| Stock | 1 sachet | 2 sachets |
| Ras-el-hanout | 1 sachet | 2 sachets |

Nutrition

| for uncooked ingredient | Per 100g |
|-------------------------|-------------------------|
| Energy (kJ/kcal) | 640.6 kJ/ 153.1 kcal |
| Fat (g) | 6.5 g |
| Sat. Fat (g) | 3.6 g |
| Carbohydrate (g) | 17 g |
| Sugars (g) | 3.3 g |
| Protein (g) | 7.6 g |
| Salt (g) | 0.8 g |

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

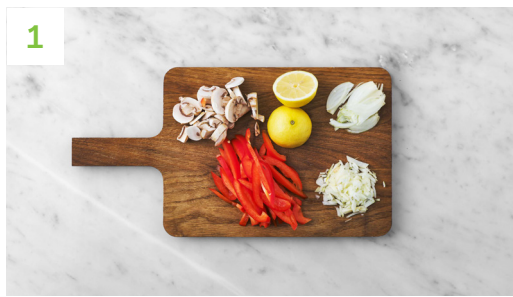
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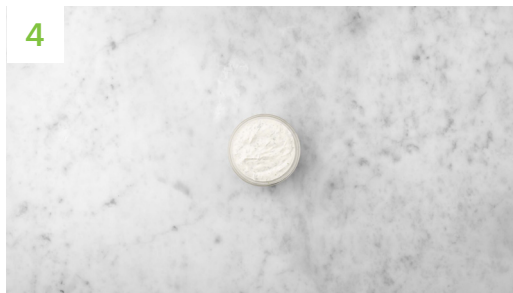


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Get Prepped

- Halve and peel the **onion**. Finely chop **half** and cut the other **half** into thin slices.
- Peel and grate the **garlic** (or use a garlic press). Halve the **lemon**.
- Roughly chop the **mushrooms**.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Cut the **cheese** into slices (three per person). Place the slices in a bowl of cold **water** and leave to soak.



Make the Yoghurt Sauce

- Meanwhile, roughly chop the **coriander** (stalks and all).
- In a bowl, mix **half** the **coriander** with the **yoghurt**, **ras-el-hanout**, **lemon** juice to taste and ½ tbsp **oil** (per 2P).
- Season to taste with **salt** and **pepper**.



Cook the Rice

- Place a pot over medium-high heat with a knob of **butter** and a drizzle of **oil**.
- When hot, fry the finely chopped **onion** until softened, 2-3 mins.
- Stir in the **rice**, **stock** and 300ml cold **water** (per 2P).
- Bring to the boil then lower the heat to medium and cover with the lid.
- Cook for 10 mins, then remove the pot from the heat and keep covered for another 10 mins (the **rice** will continue to cook in its own steam).



Fry the Cheese

- Transfer the **cheese** to a plate lined with kitchen paper and pat dry.
- Wipe the pan and return to medium-high heat with a drizzle of **oil**.
- Once hot, fry the **cheese** until golden, 2-3 mins each side.



Soften the Veg

- Meanwhile, place a pan (preferably non-stick) over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **garlic** and sliced **onion** until fragrant, 3-4 mins.
- Add the **Middle Eastern spice mix**, **bell pepper** and **mushrooms** and fry on high heat until softened, 6-8 mins.
- Stir in **lemon** juice to taste. Season to taste with **salt** and **pepper**.
- Transfer the veg from the pan and cover to keep warm (reserve the pan for later use).



Garnish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Spoon over the spiced veg.
- Arrange slices of golden fried **cheese** on top.
- Finish with a dollop of **yoghurt** sauce and a sprinkling of **coriander**.

Enjoy!