

PILAF WITH PEAR, RAISINS AND SPINACH

2 persons / 534 kcal per person

Ingredients

- 200 grams of winter carrots
- 2 tablespoons of olive oil
- 130 grams of basmati rice
- $\frac{3}{4}$ vegetable stock tablet
- 25 grams of raisins
- $1\frac{1}{2}$ teaspoons ras el hanout
- 325 ml of water
- 1 clove of garlic
- 1 conference pear
- 100 grams of vegetarian minced meat
- 100 grams of leaf spinach
- pepper and salt



Preparation:

Peel the carrots and cut into $\frac{1}{2}$ cm slices. Heat half of the oil in a skillet and fry the carrots over medium heat for 3 minutes. Add the rice, stock tablet, raisins, $\frac{1}{3}$ of the ras el hanout and fry for 1 minute. Add the water and bring to a boil and cook the pilaf over medium heat with the lid on the pan for 12-15 minutes until the water is absorbed by the rice. Stir regularly. Meanwhile, finely chop the garlic. Peel and cut the pears into 1 cm cubes. Heat the rest of the oil in a frying pan and stir fry the vegetarian minced meat with the rest of the ras el hanout for 5-6 minutes on high heat. Add the garlic and cook for 2 more minutes over medium heat. When the rice is cooked, add the spinach in parts and reduce. Add the pear, heat briefly and turn off the heat. If necessary, season with salt and pepper. Divide the pilaf over deep plates and divide the baked vegetarian minced meat over it.

Nutritional value per person:

Energy:	534 kcal
Protein:	18.0 grams
Carbohydrates:	72.9 grams
- including sugars:	16.4 grams
Fat:	14.3 grams
Fiber:	10.9 grams
Salt:	2.3 grams