





Cooking Made Easy

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Piled-High Moroccan Pita Breads with Fresh Tabbouleh

Another dish inspired by our Head Chef's recent recce in Morocco! Our spice merchants at Seasoned Pioneers have created the most wonderful blend (check out the lavender and rose petals!) to transport you to the souks of a faraway land. And you don't even need to leave your kitchen! Besseha! (Moroccan for "to your good health!")



40 min



Bulgur Wheat



Tomato



Cucumber



Yellow Pepper



Garlic Clove



Pita Bread



Beef Mince



Ras-el-Hanout



Natural Yoghurt

Ingredients

	2P	4P
Bulgur Wheat 1	½ cup	1 cup
Tomato, cubed	1	2
Cucumber, cubed	½	1
Yellow Pepper, cubed	1	2
Garlic Clove, chopped	1	2
Pita Bread 1	3	6
Beef Mince	250g	500g
Ras-el-Hanout	¾ tbsp	1½ tbsp
Natural Yoghurt 2	4 tbsp	½ cup

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Gluten | 2) Milk

Nutrition per serving: Calories: 803 kcal | Protein: 38 g | Carbs: 102 g | Fat: 28 g | Saturated Fat: 9 g



1

1 Pre-heat the oven to 140 degrees and boil a kettle of water. Put the bulgur wheat in a bowl and pour over the boiling water. Leave for a minute, stir for another 30 seconds, then drain. Spread the bulgur wheat on a baking tray and put it in the oven for 20 mins before removing.



2

2 Meanwhile chop the tomato and cucumber into tiny (½cm if possible) cubes. The easiest way to do this with a cucumber is to slice it in four strips lengthways, turn it around then slice lengthways into around eight strips. Lastly chop widthways into cubes. See picture!



5

3 Remove the core from the pepper and chop two-thirds into roughly 1cm cubes and the remaining third into ½cm cubes (don't mix the two up as we'll use them separately!). Finally, very finely chop the garlic.



6

4 Coat the pita breads on both sides in a little olive oil, the garlic and some salt and pepper. Put them in the oven for 10 mins until they crisp up a tiny bit then remove.

5 Toss together the bulgur wheat, cucumber, ½cm yellow pepper cubes and the tomato with a tbsp of olive oil. **Tip:** *If you have any fresh herbs left over from your other recipes, chop a couple of tbsp and add them in.* **Tip:** *If you happen to have any lemon, squeeze in a tbsp of juice too.*

6 Heat 1 tbsp of olive oil in a non-stick pan on medium-high heat. Once really hot carefully add your mince beef with a pinch of salt and brown it off before removing. If necessary cook it in a couple of batches so you don't overcrowd the pan (which can stew the meat).

7 Now cook the 1cm cubed yellow pepper in the pan (add a little more oil if you need). Once it's a little coloured on the edges and cooked through add the Ras-el-Hanout, the mince beef and stir everything together for a minute before removing.

8 Serve the meat on top of your pitas with the tabbouleh on the side and a good dollop of yoghurt. Go for it!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!