



Baharat Lamb Steaks with Tabbouleh and Pomegranate

Premium 40 Minutes • Little Spice • 1 of your 5 a day

30



Chicken Stock Paste



Bulgur Wheat



Baby Plum Tomatoes



Mint



Lemon



Spring Onion



Pomegranate



Lamb Steak



Baharat



Tenderstem® Broccoli



Greek Yoghurt

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Zester, Bowl, Frying Pan, Measuring Cup.

Ingredients

| | 2P | 3P | 4P |
|---------------------------|---------|---------|---------|
| Water for the Bulgur* | 240ml | 360ml | 480ml |
| Chicken Stock Paste | 10g | 15g | 20g |
| Bulgur Wheat 13 | 120g | 180g | 240g |
| Baby Plum Tomatoes | 125g | 190g | 250g |
| Mint** | 1 bunch | 1 bunch | 1 bunch |
| Lemon** | 1 | 1 | 1 |
| Spring Onion** | 1 | 2 | 2 |
| Pomegranate** | ½ | 1 | 1 |
| Lamb Steak** | 2 | 3 | 4 |
| Baharat | 1 pot | 1 pot | 2 pots |
| Tenderstem® | 150g | 200g | 300g |
| Broccoli** | | | |
| Greek Yoghurt 7 ** | 75g | 120g | 150g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 459g | 100g |
| Energy (kJ/kcal) | 2118 / 506 | 462 / 110 |
| Fat (g) | 11 | 2 |
| Sat. Fat (g) | 5 | 1 |
| Carbohydrate (g) | 60 | 13 |
| Sugars (g) | 14 | 3 |
| Protein (g) | 40 | 9 |
| Salt (g) | 1.15 | 0.25 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

Packed in the UK

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Cook the Bulgur

Pour the **water for the bulgur wheat** (see ingredients for amount) into a saucepan and bring to the boil. Stir in the **stock paste** and **bulgur wheat**, bring back up to the boil and simmer for 1 minute. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Prep

Meanwhile, quarter the **baby plum tomatoes**. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Zest and cut the **lemon** into **wedges**. Trim and thinly slice the **spring onion**.



Prep the Pomegranate

Quarter the **pomegranate** (see ingredients for amount). Scoop out the **seeds** and the **white pith** into a bowl of **water**. **TIP: Use a fork to do this - it helps to release the seeds.** Remove the **seeds** from the **water** and set aside. Discard the white pith.



Cook the Lamb

Heat a drizzle of **oil** in a frying pan on high heat. When hot, lay in the **lamb steaks** and season with **salt** and **pepper**. Fry for 4-5 mins on each side, adjusting the heat if necessary. When the **steaks** have 2 mins left, sprinkle on the **baharat spice** and turn to coat. **TIP: We like our lamb medium-rare, if you like it well done, just cook for a further 2 mins on each side.** When cooked, remove to a plate and leave to rest, covered loosely with foil. **IMPORTANT: Wash your hands and equipment after handling raw meat. The lamb is cooked when browned on the outside.**



Fluff the Bulgur

While the **lamb** rests, rinse out the pan and return to the heat with a drizzle of **oil**. Stir-fry the **Tenderstem® broccoli** for 2-3 mins, then add a splash of **water**. Pop a lid on the pan, or cover in foil, and cook until tender, a further 2-3 mins. Fluff the **bulgur** with a fork and stir in the **tomatoes**, **mint**, **spring onion**, **lemon zest** and the **juice of half the lemon**. Taste and season with **salt** and **pepper** if needed. Pour in any resting **juices** from the **lamb** and stir through.



Serve

Thinly slice the **lamb**. Share the **bulgur** between your plates and top with the **lamb**. Serve the **Tenderstem®** alongside. Dollop on the **yoghurt**. Sprinkle over the **pomegranate seeds** and serve with any remaining **lemon wedges** for squeezing.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.