



# Fruity Lebanese Inspired Lamb with Cumin Roasted Carrots

Calorie Smart 35 Minutes • Little Spice • 2 of your 5 a day • Under 600 Calories

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Onion



Garlic Clove



Carrot



Flat Leaf Parsley



Dill



Prunes



Ground Cumin



Bulgur Wheat



Chicken Stock Paste



Lamb Mince



Tomato Puree



Shawarma Spice Mix



Natural Yoghurt



Sumac

## Before you start

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

## Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Baking Tray, Saucepan, Frying Pan and Bowl.

## Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove	2	3	4
Carrot**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Dill**	½ bunch	1 bunch	1 bunch
Prunes	40g	60g	80g
Ground Cumin	1 sachet	1 sachet	2 sachets
Water for the Bulgur*	240ml	360ml	480ml
Bulgur Wheat <b>13</b>	120g	180g	240g
Chicken Stock Paste	10g	15g	20g
Lamb Mince**	200g	300g	400g
Tomato Puree	1 sachet	1½ sachets	2 sachets
Shawarma Spice Mix	1 sachet	1 sachet	2 sachets
Water for the lamb*	100ml	150ml	200ml
Natural Yoghurt <b>7)</b> **	75g	115g	150g
Sumac	1 sachet	1 sachet	2 sachets

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>407g</b>	<b>100g</b>
Energy (kJ/kcal)	2334 /558	573 /137
Fat (g)	17	4
Sat. Fat (g)	7	2
Carbohydrate (g)	68	17
Sugars (g)	19	5
Protein (g)	32	8
Salt (g)	1.30	0.32

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.

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## Prep the Veggies

Preheat your oven to 200°C. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **carrot**, quarter lengthways and chop into 3cm long batons (no need to peel). Roughly chop the **parsley** and **dill** (stalks and all). Keep them separate. Roughly chop the **prunes**.



## Roast the Carrots

Pop the **carrots** on a baking tray. Sprinkle over the **cumin**. Season with **salt** and **pepper**. Drizzle on a splash of **oil**, then use your hands to coat the **carrots** in the **spice**. Pop on the top shelf of your oven and roast until golden, 20-25 mins. Turn halfway through cooking to ensure they roast evenly.



## Cook the Bulgur

Pour the **water** for the **bulgur wheat** (see ingredients for amount) into a saucepan, bring to the boil and stir in the **bulgur wheat** and **half** the **chicken stock paste**. Bring back up to the boil, 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.



## Fry Time

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **lamb mince**. Season with **salt** and **pepper** and cook until browned, 5-6 mins. Use a wooden spoon to break up the **mince** as it cooks. Lower the heat to medium and add the **onion**. Cook until soft, 4-5 mins. Stir in the **garlic**, **tomato puree** and **shawarma spice mix**. Cook for 1 min more. **IMPORTANT: Wash your hands after handling raw meat.**



## Finish the Lamb

Add the **water** for the lamb (see ingredients for amount) to the **lamb mixture**, along with the remaining **stock paste** and the **prunes**. Stir together and bring to a gentle simmer. Cook until the **mixture** is thick and saucy, 5-7 mins. Season to taste with **salt** and **pepper** if needed. Meanwhile, in a small bowl, mix the **yoghurt** with **half** of the **dill**. Season with **salt** and **pepper**. **IMPORTANT: The mince is cooked when no longer pink in the middle.**



## Serve

Fluff up the **bulgur wheat** with a fork and stir through the **sumac** and **parsley**. Serve in bowls with the **Lebanese lamb** on top. Finish with some roasted **carrots**, a spoonful of **yoghurt** and a sprinkle of the remaining **dill**.

## 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.