



# FRUITY LEBANESE LAMB

with Cumin Roasted Carrots



## HELLO CUMIN

After black pepper, cumin is the second most popular spice in the world!



Onion



Garlic Clove



Carrot



Flat Leaf Parsley



Dill



Pitted Prunes



Ground Cumin



Bulgur Wheat



Chicken Stock Powder



Lamb Mince



Tomato Purée



Shawarma Seasoning



Natural Yoghurt



Sumac

MEAL BAG

Hands on: **10** mins  
Total: **35** mins

**2** of your  
**5** a day

Little heat

This Lebanese inspired recipe has so much going on! Subtle spices are paired with prunes for a hit of comforting, fruity sweetness. Cumin roasted carrots deliver flavours as bright as their colour and make it a truly winning dish!

## BEFORE YOU START

Our fruit and veggies may need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Baking Tray**, **Measuring Jug**, **Large Saucepan** (with a **Lid**) and **Large Frying Pan**. Now, let's get cooking!



### 1 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**.



### 2 ROAST THE CARROTS

Pop the **carrots** on a baking tray. Sprinkle over the **ground cumin**. Season with a pinch of **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, 25 mins. Turn halfway through cooking to ensure it roasts evenly.



### 3 COOK THE BULGUR

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. Stir in the **bulgur** and **half the stock powder**. Bring back to the boil, pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



### 4 FRY THE LAMB

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **lamb mince**. Season with a pinch of **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, about 5 mins. Stir in the **garlic**, **tomato purée** and **shawarma seasoning**. Cook for 1 minute more.



### 5 SIMMER THE SAUCE

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



### 6 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 sprinkling of the remaining **dill**. **Enjoy!**

## 2-4 PEOPLE INGREDIENTS

In order of use

	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
Pitted Prunes	1 bag	1½ bags	2 bags
Ground Cumin	1 small pot	¾ large pot	1 large pot
Water for the Bulgur*	200ml	300ml	400ml
Bulgur Wheat 13)	100g	150g	200g
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Lamb Mince *	200g	300g	400g
Tomato Purée	1 sachet	1½ sachets	2 sachets
Shawarma Seasoning	1 small pot	¾ large pot	1 large pot
Water for the Lamb*	100ml	150ml	200ml
Natural Yoghurt 7) *	½ pouch	¾ pouch	1 pouch
Sumac	1 small pot	1 small pot	1 large pot

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 425G	PER 100G
Energy (kJ/kcal)	2134 / 510	502 / 120
Fat (g)	17	4
Sat. Fat (g)	6	1
Carbohydrate (g)	61	14
Sugars (g)	20	5
Protein (g)	29	7
Salt (g)	1.20	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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