



Lamb and Chickpea Stew

with Charred Courgettes and Zahtar Ciabatta

RAPID 20 Minutes • Medium Heat • 3 of your 5 a day

N° 17



Lamb Mince



Red Onion



Carrot



Garlic Clove



Tomato Puree



Harissa Paste



Chickpeas



Chicken Stock Powder



Courgette



Ciabatta



Zahtar Spice

Before you start

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

Basic cooking tools, you will need:

Large Saucepan, Coarse Grater, Fine Grater (or Garlic Press), Sieve, Measuring Jug, Frying Pan and Baking Tray.

Ingredients

	2P	3P	4P
Lamb Mince**	200g	300g	400g
Red Onion**	1	1	1
Carrot**	1	1½	2
Garlic Clove**	1	2	2
Tomato Puree	1 sachet	1 sachet	2 sachets
Harissa Paste	1 sachet	1½ sachets	2 sachets
Chickpeas	1 carton	1½ cartons	2 cartons
Water for Lamb*	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Courgette**	1	1½	2
Ciabatta 11 13)	1	1½	2
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Zahtar Spice 3)	1 small pot	¾ large pot	1 large pot

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	643g	100g
Energy (kJ/kcal)	2847 / 681	443 / 106
Fat (g)	33	5
Sat. Fat (g)	7	1
Carbohydrate (g)	56	9
Sugars (g)	21	3
Protein (g)	34	5
Salt (g)	2.41	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame **11**) Soya **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.

Contact

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1. Fry the Lamb

a) Pop a large saucepan onto medium-high heat (no oil).

b) When the pan is hot, add the **mince**, season with **salt** and **pepper** and fry until browned, 4-5 mins. Break up with your wooden spoon as it cooks.

IMPORTANT: The mince is cooked when it is no longer pink in the middle.

c) Preheat your oven to 200°C.



4. Char the Courgette

a) While the **lamb** cooks, pop a frying pan onto high heat (no oil). Trim the **courgette** and slice into 1cm thick rounds.

b) When the pan is very hot, add the **courgettes** and cook for 3 mins on each side. **TIP:** You want the courgettes to char - this will add more flavour. You may have to cook them in batches.



2. Prep Time

a) Meanwhile, halve, peel and thinly slice the **red onion**.

b) Trim and coarsely grate the **carrot** (no need to peel), peel and grate the **garlic** (or use a garlic press).

c) Once browned, stir the **onion** and **carrot** into the **lamb**. Cook until softened, 3-4 mins. Then add the **garlic**, **tomato puree** and **harissa paste** to the **lamb**. Lower the heat and cook gently until fragrant, 1 minute. Drain and rinse the **chickpeas** in a sieve.



5. Ciabatta Time

a) While the **courgette** is charring, slice the **ciabatta** in half as if you were making a **sandwich**.

b) Pop the **slices** on a baking tray. Drizzle the **olive oil** (see ingredients for amount) onto the cut side and then sprinkle on **half** the **Zahtar spice**.

c) Bake in the oven until the edges are golden, 3-4 mins.



3. Simmer

a) Add the **water** (see ingredients for amount) and **chicken stock powder** to the **lamb**.

b) Stir in the **chickpeas**. Season with a pinch of **salt** and **pepper**, simmer until the **mixture** has thickened, 8-10 mins, stirring occasionally.



6. Serve

a) Season the **stew** with **salt** and **pepper** to taste and add a splash of **water** if it's a little dry.

b) Share between your bowls and top with the **courgette slices**. Finish with a drizzle of **olive oil** and a final sprinkle of the remaining **Zahtar spice**.

c) Cut the **ciabatta slices** into triangles and serve alongside.

Enjoy!