



Lamb and Chickpea Stew

with Charred Courgettes and Zahtar Ciabatta

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



Lamb Mince



Red Onion



Carrot



Garlic Clove



Chickpeas



Tomato Purée



Harissa Paste



Chicken Stock Powder



Courgette



Ciabatta



Zahtar Spice

Before you start

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

Basic cooking tools, you will need:

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

Ingredients

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

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	643g	100g
Energy (kJ/kcal)	2830 /677	440 /105
Fat (g)	32	5
Sat. Fat (g)	8	1
Carbohydrate (g)	57	9
Sugars (g)	21	3
Protein (g)	36	6
Salt (g)	2.38	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya **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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Packed in the UK



1. Fry the Lamb

- Preheat your oven to 200°C.
- Pop a large saucepan onto medium high heat (no oil). When the pan is hot, add the **mince**, season with **salt** and **pepper** and fry until browned, 4-5 mins.
- Break up with a spoon as it cooks. Once cooked, drain off any excess fat. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*



4. Char the Courgette

- While the lamb cooks, pop a frying pan onto high heat (no oil).
- Trim the **courgette** and slice into 1cm thick rounds.
- When the pan is very hot, add the **courgettes** and cook until charred, 3-4 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

- Meanwhile, halve, peel and thinly slice the **red onion**.
- Trim and coarsely grate the **carrot** (no need to peel), peel and grate the **garlic** (or use a **garlic press**).
- Once browned, stir the **onion** and **carrot** into the **lamb**. Cook until softened, 3-4 mins.
- Meanwhile drain and rinse the **chickpeas**.
- Once the **veg** is soft, add in the **garlic**, **tomato purée** and **harissa paste**. Lower the heat and cook gently until fragrant, one minute.



5. Ciabatta Time

- While the **courgette** is charring, slice the **ciabatta** in half as if you were making a sandwich.
- Pop the **ciabatta** on a baking tray.
- Drizzle the **olive oil** (see ingredients for amount) onto the cut side and then sprinkle on **half** the **Zahtar spice**.
- Bake in the oven until the edges are golden, 3-4 mins.



3. Simmer

- Add the **water** (see ingredients for amount) and **chicken stock powder** to the **lamb mixture**.
- Stir in the **chickpeas**.
- Season with **salt** and **pepper**, simmer until the mixture has thickened, 8-10 mins, stir occasionally.



6. Serve

- Season the **stew** with **salt** and **pepper** to taste and add a splash of **water** if it's a little dry.
- 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**.
- Cut the **ciabatta slices** into triangles and serve alongside.

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.