



# Lamb and Chickpea Stew

with Charred Courgette and Garlic Bread

**Rapid** 20 Minutes • Medium Spice • 2 of your 5 a day

15



Lamb Mince



Red Onion



Carrot



Garlic Clove



Courgette



Tomato Puree



Harissa Paste



Ground Cumin



Chicken Stock Paste



Chickpeas



Ciabatta

**Pantry Items**  
Olive Oil

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Frying pan, garlic press, sieve and baking tray.

## Ingredients

	2P	3P	4P
Lamb Mince**	200g	300g	400g
Red Onion**	1	1	2
Carrot**	1	1	2
Garlic Clove**	2	3	4
Courgette**	1	2	2
Tomato Puree	1 sachet	1 sachet	2 sachets
Harissa Paste	1 sachet	2 sachets	2 sachets
Ground Cumin	1 sachet	1 sachet	2 sachets
Water for the Lamb*	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Chickpeas	1 carton	2 cartons	2 cartons
Ciabatta <b>13)</b>	1	2	2
Olive Oil for the Garlic Bread*	1 tbsp	2 tbsp	2 tbsp

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	529g	100g
Energy (kJ/kcal)	2620 /626	495 /118
Fat (g)	30.6	5.8
Sat. Fat (g)	8.2	1.6
Carbohydrate (g)	52.4	9.9
Sugars (g)	13.7	2.6
Protein (g)	34.2	6.5
Salt (g)	2.46	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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### Fry the Lamb

- Preheat your oven to 200°C.
- Pop a large frying pan on medium-high heat (no oil). Once hot, add the **lamb mince** to the pan and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- Once browned, season with **salt and pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



### Char the Courgette

- While the **lamb** simmers, heat a large frying pan on high heat (no oil).
- When hot, add the **courgettes** and cook until charred, 3-4 mins. Turn only every couple of mins - this will result in the **courgettes** picking up some nice colour.



### Prep the Veg

- 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). Trim the **courgette** and slice into thick 1cm rounds.
- Once the **lamb** has browned, stir in the **onion and carrot**. Cook until softened, 3-4 mins.
- Once the **veg** is soft, stir in the **tomato puree, harissa paste** (add less if you don't like heat), **cumin** and **half the garlic**. Lower the heat and stir-fry gently until fragrant, 2-3 mins.



### Garlic Bread Time

- While the **courgette** is charring, halve the **ciabatta** and pop it onto a baking tray, cut-side up.
- Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see ingredients for amount).
- Bake on the top shelf of your oven until the edges are golden, 5-6 mins.



### Simmer your Sauce

- Add the **water for the lamb** (see ingredients for amount) and **chicken stock paste** to the pan.
- Drain and rinse the **chickpeas** in a sieve, then add to the pan.
- Season to taste with **salt and pepper**. Simmer until thickened, 8-10 mins, stirring occasionally. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



### Finish and Serve

- Taste and season the **stew** with **salt and pepper** if needed. Add a splash of **water** if it's a little dry.
- Share the **stew** between your bowls and top with the **charred courgettes**.
- Cut the **garlic bread** into triangles and serve alongside for dipping and scooping.

Enjoy!