

Lebanese Style Lamb and Herby Sumac Bulgur



with Dill Yoghurt and Roasted Carrots

Calorie Smart 30-35 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories









Carrot









Bulgur Wheat



Chicken Stock Paste





Tomato Puree



Shawarma Spice Mix



Low Fat Natural Yoghurt



Sumac

Before you start

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

Cooking tools

Garlic press, baking tray, saucepan, lid, frying pan and

Ingredients

	2P	3P	4P	
Onion**	1	1	2	
Garlic Clove**	2	3	4	
Carrot**	2	3	4	
Dill**	½ bunch	1 bunch	1 bunch	
Prunes	40g	60g	80g	
Water for the Bulgur*	240ml	360ml	480ml	
Bulgur Wheat 13)	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** 7)	75g	120g	150g	
Sumac	1 sachet	1 sachet	2 sachets	
*Not Included **Store in the Fridge				

Nutrition

for uncooked ingredient	Per serving 401g	Per 100g 100g
Energy (kJ/kcal)	2223 /531	555/133
Fat (g)	16.7	4.2
Sat. Fat (g)	7.1	1.8
Carbohydrate (g)	67.6	16.9
Sugars (g)	16.5	4.1
Protein (g)	30.9	7.7
Salt (g)	1.33	0.33

Nutrition for uncooked ingredients based on 2 person recipe. PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk 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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

Contact

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Prep the Veg

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 **carrots**, quarter lengthways and chop into 3cm long batons (no need to peel). Roughly chop the dill (stalks and all).

Roughly chop the prunes.



Roast the Carrots

Pop the carrots onto a baking tray, season with salt and pepper, then toss to coat.

Pop on the top shelf of your oven and roast until golden, 20-25 mins. Turn halfway through.



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 min, pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



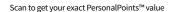
Fru the Lamb

Meanwhile, heat a large frying pan (no oil) on medium-high heat.

Once hot, add the lamb mince. Season with salt and **pepper** and cook until browned, 5-6 mins. Use a spoon to break up as it cooks, then drain and discard any excess fat. IMPORTANT: Wash your hands and equipment after handling raw mince.

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.











Sauce Things Up

Add the water for the lamb (see ingredients for amount), along with the remaining chicken stock paste and the prunes. Stir together and bring to a gentle simmer.

Cook until the **mixture** is thick, 5-7 mins. Season to taste with **salt** and **pepper** if needed. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

Meanwhile, in a small bowl, mix the yoghurt with half of the dill. Season with salt and pepper.



Finish and Serve

Fluff up the **bulgur wheat** with a fork and stir through the **sumac** and the remaining **dill**. Serve in bowls with the **Lebanese style lamb** on top.

Finish with some roasted carrots and a spoonful of dill yoghurt.

Enjou!

