



# 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

25



Onion



Garlic Clove



Carrot



Dill



Prunes



Bulgur Wheat



Chicken Stock Paste



Lamb Mince



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, frying pan and bowl.

## 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
Bulgur Wheat <b>13</b>	120g	180g	240g
Water for the Bulgur*	240ml	360ml	480ml
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
Low Fat Natural Yoghurt** 7)	75g	112g	150g
Sumac	1 sachet	1 sachet	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	410g	100g
Energy (kJ/kcal)	2235/534	546/130
Fat (g)	16.7	4.1
Sat. Fat (g)	7.1	1.7
Carbohydrate (g)	68.2	16.6
Sugars (g)	17.0	4.2
Protein (g)	31.0	7.6
Salt (g)	1.34	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.

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## Contact

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1



## Prep the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7.

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**.

2



## Roast the Carrots

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

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

3



## Cook the Bulgur

While the **carrots** roast, pour the **water for the bulgur wheat** (see ingredients for amount) into a saucepan, stir in **half** the **chicken stock paste** and bring to the boil.

Stir in the **bulgur**, bring back up to the boil and 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.

4



## Fry the Lamb

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

Once hot, add the **lamb mince** to the pan and cook until browned, 5-6 mins. Use spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **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.

5



## Sauce Things Up

Add the **water for the lamb** (see ingredients for amount), remaining **chicken stock paste** and **prunes** to the pan. 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** the **dill**. Season with **salt** and **pepper**.

6



## Finish and Serve

Fluff up the **bulgur wheat** with a fork and stir through the **sumac** and remaining **dill**.

Share between your bowls with the **Lebanese style lamb** on top.

Finish with the **roasted carrots** and a spoonful of **dill yoghurt**.

Enjoy!

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