



More Than Food
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Moroccan Spiced Sausage Stew with Fruity Bulgur Wheat

Moroccan food has been heavily influenced by Berber, Moorish and Arab cuisine over the centuries and is alive with interesting flavours, textures and fragrances. This stew will take you on a taste trip to Morocco with a warmly spiced sauce and sweet, fruity bulgur wheat, topped with golden crunchy almonds.



40 mins



5 of your
5 a day



super
spicy



mealkit



Pork Sausage
(250g)



Echalion Shallot
(1)



Red Pepper
(1)



Garlic Clove
(1)



Dried Apricots
(40g)



Ras-el-Hanout
(1½ tsp)



Tomato Passata
(1 carton)



Water for the
Sauce (200ml)



Chicken
Stock Pot (1)



Water for the Bulgur
Wheat (200ml)



Bulgur Wheat
(150g)



Dried
Cranberries (30g)



Mint
(1 bunch)



Chickpeas
(1 tin)



Baby Spinach
(1 bag)



Flaked Almonds
(25g)




Lemon
(1)

2 PEOPLE INGREDIENTS

- Pork Sausage **250g**
- Echalion Shallot, sliced **1**
- Red Pepper, sliced **1**
- Garlic Clove, grated **1**
- Dried Apricots, chopped **40g**
- Ras-el-Hanout **1½ tsp**
- Tomato Passata **1 carton**
- Water for the Sauce **200ml**
- Chicken Stock Pot **1**

- Water for the Bulgur Wheat **200ml**
- Bulgur Wheat **150g**
- Dried Cranberries **30g**
- Mint, chopped **1 bunch**
- Chickpeas **1 tin**
- Baby Spinach **1 bag**
- Flaked Almonds **25g**
- Lemon **1**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Chickpeas come in a variety of different types and colours, not just the beige beans we are used to seeing in cans. Chickpeas can also be black, green, red and brown.

Allergens: Nut, Sulphites, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	926 kcal / 4101 kJ	29 g	7 g	126 g	34 g	47 g	2 g
Per 100g	117 kcal / 517 kJ	4 g	1 g	16 g	4 g	6 g	0 g

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

1



1 Pop a large frying pan on medium-high heat with a splash of **oil**. Remove the skin from each **pork sausage** by slitting along the length of the sausage. Shape your **sausage meat** into balls approximately 2cm in diameter. Pop these into the pan and leave to sizzle away for 10-12 mins. You want to brown them, turning them regularly to make sure they don't burn.

3



2 Wash your hands. Cut the **echalion shallot** in half through the root, peel and slice into thin half moon shapes. Remove the core from the **red pepper** and slice as thinly as you can. Peel and grate the **garlic** (or use a garlic press if you have one). Chop each **dried apricot** into four pieces. Pick the leaves from the mint and roughly chop.

6



3 Add your **pepper** and **shallot** to the pan with your **sausage**. Cook for another 5-7 mins or until soft. Stir in the **ras-el-hanout**, **garlic** and **dried apricots**, cook for 1 minute and then pour in the **tomato passata**. Bring to the boil.

7



4 Add the **water** (amount specified in the ingredient list), half the **chicken stock pot** and stir to dissolve. Reduce the heat until your **sauce** is gently simmering. Cook for 12-15 mins until it has reduced by half and has thickened.

5 Next, cook the bulgur wheat. Bring the **water** (amount specified in the ingredient list) to the boil in a saucepan and add your remaining **chicken stock pot**. Stir to dissolve and then pour in the **bulgur wheat** and **dried cranberries**. Give it a quick stir and cover with a lid or plate. Remove from the heat and leave to cook in its own steam for 10-15 mins.

6 Drain the **chickpeas** in a sieve, rinse under cold water and then add to your **sauce** with your **baby spinach**. Cook for the last 3-5 mins of the cooking time for your stew, until your **spinach** has wilted completely. This is your **sausage stew**.

7 Heat another frying pan over medium heat and add the **flaked almonds** (no oil). Dry-fry for 3-5 mins, tossing frequently until they are golden brown and crunchy. **Tip:** Watch them like a hawk, they burn very easily! When they are ready remove from the pan and keep to one side.

8 When your **stew** is ready and your **sausage** is cooked through (it is no longer pink in the middle) taste your stew and add some **salt** and **black pepper** if necessary. Fluff up your **bulgur wheat** with a fork and mix through your **mint** and half your **flaked almonds**. Add a squeeze of **lemon juice** to taste.

9 Spoon your **fruity bulgur wheat** into bowls and top with your **sausage stew**. Finish with a sprinkle of your leftover **flaked almonds**. Yum!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!