

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























Pork Sausage (250g)

Echalion Shallot

Red Pepper (1)

Garlic Clove



Dried Apricots Ras-el-Hanout Tomato Passata $(1\frac{1}{2} tsp)$

(1 carton)

Sauce (200ml)



















Stock Pot (1) Wheat (200ml)

Water for the Bulgur Bulgur Wheat (150g)

Cranberries (30g) (1 bunch)

Chickpeas (1 tin)

Baby Spinach (1 bag)

Flaked Almonds (25g)

Lemon

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 11/2 tsp

 Tomato Passata Water for the Sauce

200ml Chicken Stock Pot Allergens: Nut, Sulphites, Gluter Nutrition as per prepared and listed ingredients ...

• Water for the Bulgur Wheat

 Bulgur Wheat Dried Cranberries Mint, chopped

 Chickpeas Baby Spinach Flaked Almonds

Lemon

150g 30g 1 bunch 1 tin 1 bag 25g

200ml

💮 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.

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

	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
	117 kcal / 517 kJ						

1 carton



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.

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.



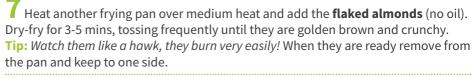
Add your pepper and shallot to the pan with your sausage. Cook for another 5-7 mins or until soft. Stir in the ras-el-hanout, garlic and dried apricots, cook for 1 minute and then pour in the tomato passata. Bring to the boil.

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.



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.

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**.





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.

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!