





Moroccan Style Lamb Stew

with Ras El Hanout, Dill Bulgur and Courgette Ribbon Salad

Rapid 20 Minutes • Mild Spice • 2 of your 5 a day

13



-  Garlic Clove
-  Dill
-  Red Wine Vinegar
-  Chicken Stock Powder
-  Bulgur Wheat
-  Lamb Mince
-  Ras el Hanout
-  Finely Chopped Tomatoes
-  Raisins
-  Red Wine Jus Paste
-  Courgette

Before you start

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

Cooking tools

Kettle, garlic press, bowl, saucepan, lid, frying pan and peeler.

Ingredients

| | 2P | 3P | 4P |
|--------------------------------------|----------|------------|-----------|
| Garlic Clove** | 1 | 2 | 2 |
| Dill** | 1 bunch | 1 bunch | 1 bunch |
| Red Wine Vinegar 14) | 1 sachet | 1 sachet | 1 sachet |
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Water for the Bulgur Wheat* | 240ml | 360ml | 480ml |
| Chicken Stock Powder | 1 sachet | 1 sachet | 2 sachets |
| Bulgur Wheat 13) | 120g | 180g | 240g |
| Lamb Mince** | 200g | 300g | 400g |
| Ras el Hanout | 1 pot | 1 pot | 1 pot |
| Finely Chopped Tomatoes | 1 carton | 1½ cartons | 2 cartons |
| Water for the Sauce* | 50ml | 75ml | 100ml |
| Sugar for the Sauce* | 1 tsp | 1½ tsp | 2 tsp |
| Raisins | 40g | 60g | 80g |
| Red Wine Jus Paste 10) 14) | 15g | 30g | 30g |
| Courgette** | ½ | 1 | 1 |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 461g | 100g |
| Energy (kJ/kcal) | 2583 /617 | 561 /134 |
| Fat (g) | 19 | 4 |
| Sat. Fat (g) | 7 | 2 |
| Carbohydrate (g) | 76 | 17 |
| Sugars (g) | 27 | 6 |
| Protein (g) | 33 | 7 |
| Salt (g) | 2.21 | 0.48 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery 13) Gluten 14) Sulphites

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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Get Prepped

- Fill and boil your kettle.
- Peel and grate the **garlic** (or use a garlic press).
- Finely chop the **dill** (stalks and all).
- Put the **red wine vinegar** into a medium-sized bowl and add the **olive oil for the dressing** (see ingredients for amount). Season with **salt** and **pepper**, add half the **dill** and mix the **dressing** together. Set aside.



Simmer the Sauce

- Pour in the **chopped tomatoes, water** and **sugar for the sauce** (see ingredients for both amounts).
- Stir in the **raisins and red wine jus paste**, then bring to the boil.
- Simmer until thickened, 7-9 mins, stirring occasionally. **IMPORTANT: The lamb is cooked when no longer pink in the middle.**



Cook the Bulgur

- Pour the **water for the bulgur wheat** (see ingredients for amount) into a saucepan and bring back to the boil.
- Stir in the **chicken stock powder** and 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.



Make the Courgette Salad

- Meanwhile, trim the **courgette**.
- Use a peeler to peel long ribbons from all sides of the **courgette**. Stop when you get to the spongy centre.
- Pop the **courgette ribbons** into the bowl with the **dressing**, toss to coat, then set aside.



Fry the Lamb

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **lamb mince** and season with **salt** and **pepper**.
- Cook until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT: Wash your hands and equipment after handling raw mince.**
- Stir in the **garlic** and **ras el hanout**, then cook for 1 min.



Finish and Serve

- Once cooked, taste the **lamb** and add **salt** and **pepper** if needed.
- Fluff up the **bulgur** with a fork and stir through the remaining **dill**.
- Spoon the **bulgur** into bowls, then top with the **lamb** and a handful of **courgette ribbon salad**.

Enjoy!