



Moroccan Style Lamb

with Dill Bulgur and Courgette Ribbon Salad

RAPID 20 Minutes • Little Heat • 1.5 of your 5 a day



Garlic Clove



Dill



Red Wine Vinegar



Chicken Stock Powder



Bulgur Wheat



Lamb Mince



Ras-El-Hanout



Finely Chopped Tomatoes



Raisins



Red Wine Stock Pot



Courgette

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Mixing Bowl, Measuring Jug, Saucepan, Frying Pan and Peeler.

Ingredients

	2P	3P	4P
Garlic Clove**	1 clove	2 cloves	2 cloves
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*	240ml	360ml	480ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Bulgur Wheat (13)	120g	180g	240g
Lamb Mince**	200g	300g	400g
Ras-El-Hanout	1 small pot	1 large pot	1 large pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Sauce*	50ml	75ml	100ml
Raisins	1 sachet	2 sachets	2 sachets
Red Wine Stock Pot (14)	1 pot	1 pot	2 pots
Courgette**	½	1	1

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	466g	100g
Energy (kJ/kcal)	2678 /640	575 /137
Fat (g)	20	4
Sat. Fat (g)	6	1
Carbohydrate (g)	82	18
Sugars (g)	30	7
Protein (g)	30	7
Salt (g)	3.32	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

(13) Gluten (14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. 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** (see ingredients for amount).
- Season with **salt** and **pepper**, add **half the dill** and mix the **dressing** together. Set aside.



4. Simmer!

- Pour in the **chopped tomatoes** and the **water** (see ingredients for amount).
- Stir in the **raisins** and **red wine stock pot**, bring to the boil, stirring to ensure the **stock pot** has dissolved.
- Simmer until the mixture has thickened, 7-9 mins, stir every couple of minutes.
IMPORTANT: The lamb is cooked when no longer pink in the middle.



2. 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 **stock powder** and the **bulgur**, bring back up to the boil and simmer for 1 minute.
- Pop a lid on the pan and remove from the heat.
- Leave to the side until the **water** is absorbed, 12-15 mins or until ready to serve.



5. Make the Salad

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



3. Start the Lamb Tagine

- 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 wooden spoon to break it up as it cooks.
- Once browned, add the **garlic**, and **ras el hanout**. Stir together and cook for 1 minute.



6. Finish and Serve

- Taste the **lamb mixture** and add **salt** and **pepper** if you feel it needs it.
- Fluff up the **bulgur** and stir through the remaining **dill**.
- Spoon the **bulgur** into bowls and top with the **lamb tagine**.
- Top with the **courgette ribbon salad**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.