

Moroccan Style Lamb

with Dill Bulgur and Courgette Ribbon Salad

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









Garlic Clove





Red Wine Vinegar







Bulgur Wheat



Ras-El-Hanout









Red Wine Stock Pot



Before you start

Our fruit, veggies and herbs need a wash before vou 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**	1/2	1	1
*Not book and ** Chaus in the Friday			

^{*}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

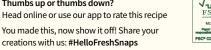
13) Gluten 14) Sulphites

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

Thumbs up or thumbs down? Head online or use our app to rate this recipe You made this, now show it off! Share your



HelloFresh UK The Fresh Farm 60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Get Prepped

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



4. Simmer!

- a) Pour in the chopped tomatoes and the water (see ingredients for amount).
- b) Stir in the raisins and red wine stock pot, bring to the boil, stirring to ensure the **stock pot** has dissolved.
- c) 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

- a) Pour the water for the bulgur wheat (see ingredients for amount) into a saucepan and bring back to the boil.
- b) Stir in the stock powder and the bulgur, bring back up to the boil and simmer for 1 minute.
- c) Pop a lid on the pan and remove from the heat.
- d) Leave to the side until the water is absorbed, 12-15 mins or until ready to serve.



3. Start the Lamb Tagine

- a) Heat a large frying pan on medium high heat (no oil).
- **b)** Once hot, add the **lamb mince** and season with salt and pepper.
- c) Cook until browned, 4-5 mins. Use a wooden spoon to break it up as it cooks.
- d) Once browned, add the garlic, and ras el hanout. Stir together and cook for 1 minute.



5. Make the Salad

- a) Meanwhile, trim the courgette.
- b) 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.
- c) Pop the courgette ribbons in the bowl with the dressing, toss to coat and set aside.



6. Finish and Serve

- a) Taste the lamb mixture and add salt and **pepper** if you feel it needs it.
- **b)** Fluff up the **bulgur** and stir through the remaining dill.
- c) Spoon the bulgur into bowls and top with the lamb tagine.
- d) 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.