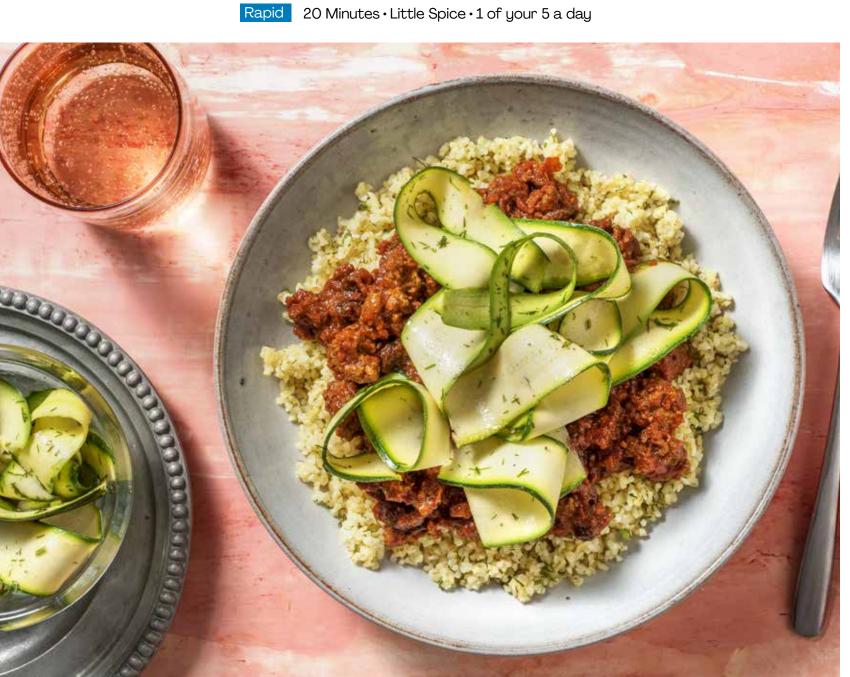


Moroccan-Style Lamb with Ras el Hanout,

Dill Bulgur and Courgette Ribbon Salad













Red Wine Vinegar

Chicken Stock Powder





Bulgur Wheat





Ras el Hanout

Finely Chopped Tomatoes





Red Wine Stock Paste



Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Kettle, Garlic Press, Bowl, Measuring Jug, Saucepan. Wooden Spoon, Frying Pan, 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*	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 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 Stock Paste 14)	1 pot	1 pot	2 pots	
Courgette**	1/2	1	1	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	468g	100g
Energy (kJ/kcal)	2681/641	573 /137
Fat (g)	18	4
Sat. Fat (g)	7	2
Carbohydrate (g)	85	18
Sugars (g)	32	7
Protein (g)	31	7
Salt (g)	3.29	0.70

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

13) Gluten 14) Sulphites

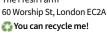
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Get Prepped

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



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. Leave to the side until the water is absorbed, 12-15 mins or until ready to serve.



Start the Lamb Tagine

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



Simmer!

- a) Pour in the chopped tomatoes, water and sugar (see ingredients for both amounts).
- b) Stir in the raisins and red wine stock paste, 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.



Make the Salad

- a) Meanwhile, trim the courgette. Use a vegetable peeler to peel long ribbons from all sides of the length of the courgette.
- b) 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.



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. 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.