



Moroccan Style Lamb Tagine

with Ras El Hanout, Bulgur and Courgette Ribbon Salad

Rapid 20 Minutes • Little Spice • 1 of your 5 a day

N° 14



Garlic Clove



Dill



Red Wine Vinegar



Chicken Stock Paste



Bulgur Wheat



Lamb Mince



Ras el Hanout



Finely Chopped Tomatoes



Raisins



Red Wine Stock Paste



Courgette

Before you start

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

Cooking tools, you will need:

Kettle, Garlic Press, Bowl, Measuring Jug, Saucepan, Frying Pan, Wooden Spoon, Vegetable Peeler.

Ingredients

	2P	3P	4P
Garlic Clove	1	2	2
Dill**	1	1	1
Red Wine Vinegar 14)	1 sachet	1 sachet	1 sachet
Olive Oil*	1 tbsp	1 ½ tbsp	2 tbsp
Water for the Bulgur*	240ml	360ml	480ml
Chicken Stock Paste	10g	15g	20g
Bulgur Wheat 13)	120g	180g	240g
Lamb Mince**	200g	300g	400g
Ras el Hanout	1 sachet	1 sachet	2 sachets
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 sachet	1 sachet	2 sachets
Courgette**	½	1	1

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	469g	100g
Energy (kJ/kcal)	2692 /643	574 /137
Fat (g)	19	4
Sat. Fat (g)	7	2
Carbohydrate (g)	85	18
Sugars (g)	32	7
Protein (g)	32	7
Salt (g)	3.48	0.74

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.

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



Simmer

- Pour in the **chopped tomatoes, water** and **sugar** (see ingredients for both amounts).
- Stir in the **raisins** and **red wine stock paste**, bring to the boil, then lower the heat.
- 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.



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 paste** 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.



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.



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**. **IMPORTANT:** Wash your hands and equipment after handling raw meat.
- Cook until browned, 4-5 mins. Use a wooden spoon to break it up as it cooks.
- Once browned, drain the fat from the **lamb**, then add the **garlic** and **ras el hanout**. Stir together and cook for 1 min.



Finish and Serve

- Taste the **lamb tagine** 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.