



SPICED SAUSAGE TABBOULEH

with Spring Greens and Spring Onions



HELLO PAPIKA

Spanish smoked paprika is made by drying out red peppers over smouldering oak chips.



Spiced Pork Sausage



Red Onion



Garlic Clove



Coriander



Chicken Stock Pot



Bulgur Wheat



Smoked Paprika



Ground Coriander



Tomato Passata



Kidney Beans



Spring Onion



Lemon



Spring Greens

MEAL BAG

35 mins

4.5 of your 5 a day

Medium heat

Sausages are a Great British classic, but here at HelloFresh we love exploring new ways to use ingredients and creating dishes which fuse together different cuisines. For tonight's dinner we've paired the British sausage with bulgur wheat to create a Tabbouleh. Bursting with rich, fragrant spices like ground coriander and smoked paprika, Andre's dish is the ultimate quick fix dinner for a mid week dinner.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Frying Pan**, **Fine Grater**, **Measuring Jug**, **Large Saucepan** (with a **Lid**) and **Sieve**. Now, let's get cooking!



1 FRY THE SAUSAGES

Pop a frying pan on medium heat with a splash of **oil**. Add the **sausages** and cook, turning frequently to make sure they brown evenly, 5-7 mins. Halve, peel and thinly slice the **red onion** into half moons. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



2 COOK THE BULGUR

Pour the **water** (see ingredients for amount) for the **bulgur wheat** into a large saucepan and bring to the boil. Stir in **half** the **stock pot** and tip in the **bulgur**. Bring back to the boil, cover with a lid, remove from the heat and leave to the side for 12-15 mins or until ready to serve.



3 START THE SAUCE

When the **sausages** are browned, add the **onion** to the pan with the **sausages**. Cook, stirring occasionally, for 5 mins until softened, then stir in the **garlic**, **smoked paprika** and **ground coriander**. Cook for a couple of mins until everything smells delicious and fragrant.



4 SIMMER THE SAUCE

Add the **tomato passata** to the frying pan, bring to the boil, then stir in the remaining **stock pot** and the **water** (see ingredients for amount). Reduce the heat to medium and leave to simmer until thickened and reduced by half, 10-15 mins.



5 FINISH UP

Meanwhile, drain and rinse the **kidney beans** in a sieve. Remove the roots from the **spring onion** and thinly slice. Zest and juice the **lemon**. Once the **sauce** has reduced by **half**, stir in the **kidney beans** and **spring greens**, reduce the heat to low and cook until the **spring greens** have wilted, 6-8 mins.



6 SERVE

Fluff up the **bulgur wheat** with a fork and mix in the **spring onion**, **half** the **chopped coriander** and enough **lemon juice** and **zest** to taste. Season with **salt** and **pepper** if you feel it needs it. Stir the remaining **chopped coriander** through the **sausage hotpot** and serve on top of a bed of **bulgur wheat**. **Enjoy!**

2 PEOPLE INGREDIENTS

Spiced Pork Sausage ¹⁴⁾	4
Red Onion, sliced	1
Garlic Clove, grated	1
Coriander, chopped	1 bunch
Water for the Bulgur Wheat*	200ml
Chicken Stock Pot	1
Bulgur Wheat ¹³⁾	100g
Smoked Paprika	1½ tsp
Ground Coriander	1½ tsp
Tomato Passata	2 cartons
Water for the Sauce*	200ml
Kidney Beans	1 carton
Spring Onion, sliced	3
Lemon	½
Spring Greens	1 small bag

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 738G	PER 100G
Energy (kcal)	815	110
(kJ)	3408	462
Fat (g)	34	5
Sat. Fat (g)	12	2
Carbohydrate (g)	75	10
Sugars (g)	20	3
Protein (g)	44	6
Salt (g)	5.40	0.73

ALLERGENS

¹³⁾ Gluten ¹⁴⁾ Sulphites

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

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: hello@hellofresh.co.uk

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