

Sticky Spiced Beef

with Pomegranate Molasses, Tabbouleh and Mint Yoghurt

Rapid 20 Minutes • Mild Spice



Chicken Stock Paste



Bulgur Wheat



Beef Mince



Medium Tomato



Mint



Garlic Clove



Shawarma Spice Mix



Tomato Puree



Pomegranate Molasses



Low Fat Natural Yoghurt



Rocket

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, frying pan, garlic press and bowl.

Ingredients

	2P	3P	4P
Water for the Bulgur*	240ml	360ml	480ml
Chicken Stock Paste	20g	30g	40g
Bulgur Wheat 13	120g	180g	240g
Beef Mince**	240g	360g	480g
Medium Tomato	1	2	2
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Shawarma Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Pomegranate Molasses	1 sachet	2 sachets	2 sachets
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Low Fat Natural Yoghurt** 7)	75g	120g	150g
Rocket**	20g	40g	40g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	309g	100g
Energy (kJ/kcal)	2446 /585	792 /189
Fat (g)	22.6	7.3
Sat. Fat (g)	9.2	3.0
Carbohydrate (g)	62.7	20.3
Sugars (g)	13.2	4.3
Protein (g)	35.5	11.5
Salt (g)	2.15	0.70

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

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

You can recycle me!



Cook the Bulgur

- Pour the **water for the bulgur wheat** (see ingredients for amount) into a large saucepan, stir in **half** the **chicken stock paste** and bring to the boil.
- Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.
- Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Simmer the Sauce

- Mix the **garlic**, **shawarma spice mix** and **tomato puree** into the **beef** and cook for 1 min.
- Stir in the **pomegranate molasses**, remaining **chicken stock paste**, **sugar** and **water for the sauce** (see ingredients for both amounts).
- Bring to the boil, then simmer until reduced slightly, 3-4 mins. Taste and season with **salt** and **pepper** if needed.



Fry the Beef

- Heat a drizzle of **oil** in a medium frying pan on medium-high heat.
- When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Mix the Mint Yoghurt

- Meanwhile, put the **yoghurt** into a small bowl and add **half** the **mint**.
- Season with **salt** and **pepper**. Mix together, then set aside.



Get Prepped

- While the **beef** cooks, chop the **tomato** into 1cm pieces.
- Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).
- Peel and grate the **garlic** (or use a garlic press).



Finish and Serve

- Fluff up the **bulgur wheat** with a fork, then stir through the **tomatoes** and remaining **mint**. Taste and add **salt** and **pepper** if needed, then spoon the **tabbouleh** into bowls.
- Serve the **sticky spiced beef** on top of the **tabbouleh** with a dollop of **mint yoghurt** and a handful of **rocket**. Drizzle the **rocket** with a little **olive oil** to finish.

Enjoy!