



# Sticky Spiced Beef

with Pomegranate Molasses, Tabbouleh and Mint Yoghurt

15

**Rapid** 20 Minutes • Mild Spice • 1 of your 5 a day



Chicken Stock Paste



Bulgur Wheat



Beef Mince



Medium Tomato



Mint



Garlic Clove



Tomato Puree



Chermoula Spice Mix



Pomegranate Molasses



Low Fat Natural Yoghurt



Rocket

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil

## Before you start

Our fruit and veg 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

Ingredients	2P	3P	4P
Chicken Stock Paste	20g	30g	40g
Bulgur Wheat <b>13</b>	110g	180g	220g
Beef Mince**	240g	360g	480g
Medium Tomato	1	2	2
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Tomato Puree	30g	60g	60g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Pomegranate Molasses	15g	30g	30g
Low Fat Natural Yoghurt**7)	75g	120g	150g
Rocket**	20g	40g	40g

Pantry	2P	3P	4P
Water for the Bulgur*	220ml	360ml	440ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>325g</b>	<b>100g</b>
Energy (kJ/kcal)	2410/576	743/177
Fat (g)	22.7	7.0
Sat. Fat (g)	9.2	2.8
Carbohydrate (g)	59.9	18.5
Sugars (g)	13.9	4.3
Protein (g)	38.0	11.7
Salt (g)	2.62	0.81

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## 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

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1



## Cook the Bulgur

- Pour the **water for the bulgur** (see pantry 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.

4



## Simmer the Sauce

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

2



## Fry the Beef

- Heat a medium frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince** and fry 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. It's cooked when no longer pink in the middle.

5



## 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.

3



## 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).

6



## 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.
- Top with the **sticky spiced beef**, a dollop of **mint yoghurt** and a handful of **rocket**. Drizzle the **rocket** with a little **olive oil** to finish.

Enjoy!