

# Sticky Spiced Beef

with Pomegranate Molasses, Tabbouleh and Mint Yoghurt



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









Chicken Stock Paste

**Bulgur Wheat** 



Medium Tomato





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 13)	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
for uncooked ingredient	325g	100g
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.

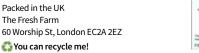
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

### Contact

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# Cook the Bulgur

- a) 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.
- b) Stir in the bulgur, bring back up to the boil and simmer for 1 min.
- c) Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



# Fru the Beef

- a) Heat a medium frying pan on medium-high heat (no oil).
- b) 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.
- c) 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.



# **Get Prepped**

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



### Simmer the Sauce

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



### Mix the Mint Yoghurt

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



### Finish and Serve

- a) Fluff up the **bulgur wheat** with a fork, then stir through the tomatoes and remaining mint.
- b) Taste and add salt and pepper if needed, then spoon the tabbouleh into bowls.
- c) 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!