



Lamb and Chickpea Stew

with Charred Courgette and Garlic Bread

Rapid 20 Minutes • Medium Spice • 3 of your 5 a day

13



Lamb Mince



Carrot



Garlic Clove



Courgette



Tomato Puree



Harissa Paste



Ground Cumin



Chicken Stock Paste



Chickpeas



Ciabatta



Beef Mince

Pantry Items

Oil, Salt, Pepper, Olive Oil

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Frying pan, grater, garlic press, sieve and baking tray.

Ingredients

| Ingredients | 2P | 3P | 4P |
|---------------------------------|----------|-----------|-----------|
| Lamb Mince** | 200g | 300g | 400g |
| Carrot** | 1 | 1 | 2 |
| Garlic Clove** | 2 | 3 | 4 |
| Courgette** | 1 | 2 | 2 |
| Tomato Puree | 30g | 30g | 60g |
| Harissa Paste 14 | 50g | 100g | 100g |
| Ground Cumin | 1 sachet | 1 sachet | 2 sachets |
| Chicken Stock Paste | 10g | 15g | 20g |
| Chickpeas | 1 carton | 2 cartons | 2 cartons |
| Ciabatta 13 | 1 | 2 | 2 |
| Beef Mince** | 240g | 360g | 480g |
| Pantry | 2P | 3P | 4P |
| Water for the Lamb* | 200ml | 300ml | 400ml |
| Olive Oil for the Garlic Bread* | 1 tbsps | 2 tbsps | 2 tbsps |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Custom Recipe | | | |
|-------------------------|---------------|----------|----------|----------|
| | Per serving | Per 100g | Per 500g | Per 100g |
| for uncooked ingredient | 480g | 100g | 500g | 100g |
| Energy (kJ/kcal) | 2536/606 | 528/126 | 2846/680 | 569/136 |
| Fat (g) | 30.8 | 6.4 | 36.9 | 7.4 |
| Sat. Fat (g) | 8.2 | 1.7 | 10.3 | 2.1 |
| Carbohydrate (g) | 48.6 | 10.1 | 47.5 | 9.5 |
| Sugars (g) | 12 | 2.5 | 12.0 | 2.4 |
| Protein (g) | 33.6 | 7.0 | 40.8 | 8.2 |
| Salt (g) | 2.59 | 0.54 | 2.66 | 0.53 |

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

Allergens

13) Cereals containing gluten **14**) Sulphites

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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Fry the Lamb

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pop a large frying pan on medium-high heat (no oil).
- Once hot, add the **lamb mince** and fry until browned, 4-5 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.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **lamb**, cook the recipe in the same way.



Char the Courgette

- While the **lamb** simmers, heat a large frying pan on high heat (no oil).
- Once hot, add the **courgette** and cook until charred, 3-4 mins. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.



Add the Veg and Spice

- Meanwhile, trim and coarsely grate the **carrot** (no need to peel). Peel and grate the **garlic** (or use a garlic press). Trim the **courgette** and slice into 1cm thick rounds.
- Once the **lamb** has browned, stir in the **carrot**. Cook until softened, 3-4 mins.
- Once the **carrot** is soft, stir in the **tomato puree**, **harissa paste** (add less if you'd prefer things milder), **cumin** and **half the garlic**. Lower the heat and stir-fry gently until fragrant, 2-3 mins.



Garlic Bread Time

- While the **courgette** chars, halve the **ciabatta** and pop it onto a baking tray, cut-side up.
- Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount).
- Bake on the top shelf of your oven until the edges are golden, 5-6 mins.



Bring on the Chickpeas

- Add the **water for the lamb** (see pantry for amount) and **chicken stock paste** to the pan.
- Drain and rinse the **chickpeas** in a sieve, then add to the pan.
- Season to taste with **salt** and **pepper**. Simmer, stirring occasionally, until thickened, 8-10 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

CUSTOM RECIPE

Simmer the **beef mince stew** for 10-12 mins, then continue with the recipe as instructed.



Finish and Serve

- Taste and season the **stew** with **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.
- Share the **stew** between your bowls and top with the **charred courgettes**.
- Cut the **garlic bread** into triangles and serve alongside for dipping and scooping.

Enjoy!