



Harissa Lamb and Chickpea Stew

with Charred Courgette and Ciabatta

Quick 20 Minutes • **Medium Spice** • 3 of your 5 a day

15



Carrot



Lamb Mince



Garlic Clove



Courgette



Tomato Puree



Harissa Paste



Chermoula Spice Mix



Chicken Stock Paste



Chickpeas



Ciabatta

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Grater, frying pan, and garlic press.

Ingredients

Ingredients	2P	3P	4P
Carrot**	1	1	2
Lamb Mince**	200g	300g	400g
Garlic Clove**	2	3	4
Courgette**	1	2	2
Tomato Puree	30g	30g	60g
Harissa Paste 14)	50g	100g	100g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Chickpeas	1 carton	2 cartons	2 cartons
Ciabatta 13)	1	2	2

Pantry	2P	3P	4P
Butter*	15g	25g	30g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	486g 2622 /627	100g 540 /129
Fat (g)	32.8	6.7
Sat. Fat (g)	11.5	2.4
Carbohydrate (g)	49.1	10.1
Sugars (g)	12.2	2.5
Protein (g)	33.7	6.9
Salt (g)	3.00	0.62

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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1 Fry the Lamb

a) If you don't have a toaster, preheat your oven to 220°C/200°C fan/gas mark 7. Trim and coarsely grate the **carrot** (no need to peel).

b) Pop a large frying pan on high heat (no oil).

c) Once hot, add the **lamb mince** and **carrot**. Fry until browned, 5-6 mins.

d) Use a spoon to break it up as it cooks.

IMPORTANT: Wash your hands and equipment after handling raw mince.



2 Spice Things Up

a) Meanwhile, peel and grate the **garlic** (or use a garlic press). Trim the **courgette** and slice into 1cm thick rounds.

b) Once the **lamb** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.

c) Lower the heat, then stir in the **tomato puree**, **harissa paste** (add less if you'd prefer things milder), **chermoula spice mix** and **garlic**. Cook until fragrant, 1-2 mins.



3 Bring on the Chickpeas

a) Add the **chicken stock paste** and **chickpeas** with all their **liquid** to the pan. Stir to combine.

b) Season with **salt** and **pepper**. Simmer, stirring occasionally, until thickened, 6-8 mins.

IMPORTANT: The mince is cooked when no longer pink in the middle.



4 Char the Courgette

a) While the **lamb** simmers, pop another large frying pan on high heat (no oil).

b) 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.



5 Toast the Ciabatta

a) While the **courgette** chars, halve the **ciabatta**.

b) Toast the **ciabatta halves** in your toaster until golden. If you don't have a toaster, warm in the oven on the top shelf until golden, 2-3 mins.

c) Once toasted, drizzle with **oil** and season with **salt**.



6 Finish and Serve

a) Stir the **butter** (see pantry for amount) through the **stew** until melted.

b) Share the **stew** between your bowls and top with the **charred courgette**.

c) Cut the **ciabatta** into triangles and serve alongside for dipping.

Enjoy!