



Chermoula Lamb Stew and Herby Bulgur

with Dill Yoghurt and Roasted Carrots

25

Calorie Smart 30-35 Minutes • Mild Spice • 3 of your 5 a day • Under 650 Calories



Onion



Garlic Clove



Carrot



Dill



Dried Apricots



Chicken Stock Paste



Bulgur Wheat



Lamb Mince



Tomato Puree



Chermoula Spice Mix



Low Fat Natural Yoghurt

Pantry Items
Oil, Salt, Pepper

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

Garlic press, baking tray, frying pan, bowl, saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2	3	4
Carrot**	2	3	4
Dill**	½ bunch	1 bunch	1 bunch
Dried Apricots 14	40g	60g	80g
Chicken Stock Paste	10g	15g	20g
Bulgur Wheat 13	120g	240g	240g
Lamb Mince**	200g	300g	400g
Tomato Puree	30g	45g	60g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Low Fat Natural Yoghurt** 7	75g	112g	150g
Pantry	2P	3P	4P
Water for the Bulgur*	240ml	480ml	480ml
Water for the Lamb*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	621g	100g
Energy (kJ/kcal)	2400 /574	387 /92
Fat (g)	16.8	2.7
Sat. Fat (g)	7.1	1.1
Carbohydrate (g)	79.7	12.7
Sugars (g)	25.0	4.0
Protein (g)	31.5	5.1
Salt (g)	1.74	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk **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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Prep the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Trim the **carrots**, quarter lengthways and chop into 3cm long pieces (no need to peel).

Roughly chop the **dill** (stalks and all) (see ingredients for amount). Roughly chop the **dried apricots**. **TIP:** Keep the other half of the dill for another recipe.

If you'd prefer to pan-fry your carrots, skip the oven and cut them into 1cm thick rounds instead.



Fry the Lamb

Meanwhile, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **lamb mince** and fry until browned, 5-6 mins. Use 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.

Lower the heat to medium and add the **onion**. Cook until softened, 4-5 mins.



WeightWatchers



Roast the Carrots

Pop the **carrots** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Roast on the top shelf of your oven until golden, 20-25 mins. Turn halfway through.

To pan-fry your **carrots**, stir-fry in a large frying pan until tender, 4-5 mins, then transfer to a bowl and cover to keep warm. Use the pan for the **lamb** in step 4.



Simmer and Spice

Stir the **garlic**, **tomato puree** and **chermoula spice mix** (add less if you'd prefer things milder) into the **lamb**. Cook for 1 min more.

Add the **water for the lamb** (see pantry for amount), remaining **chicken stock paste** and **dried apricots**. Stir together and bring to a gentle simmer.

Cook until the **mixture** has thickened, 5-7 mins. Season to taste with **salt** and **pepper** if needed.

Meanwhile, in a small bowl, mix the **yoghurt** with **half** the **dill**. Season with **salt** and **pepper**.



Cook the Bulgur

While the **carrots** roast, pour the **water for the bulgur** (see pantry for amount) into a 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.



Finish and Serve

When everything's ready, fluff up the **bulgur wheat** with a fork and stir through the remaining **dill**.

Share the **herby bulgur** between your bowls, then top with the **chermoula lamb** and **roasted carrots**.

Finish with a spoonful of **dill yoghurt**.

Enjoy!