



# Goulash Inspired Beef

with Bulgur Wheat, Bell Pepper and Soured Cream

**Quick** 20 Minutes • 2 of your 5 a day

13



Chicken Stock Paste



Bulgur Wheat



Garlic Clove



Bell Pepper



Beef Mince



Smoked Paprika



Tomato Passata



Red Wine Stock Paste



Soured Cream

**Pantry Items**

Oil, Salt, Pepper, Sugar

## 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, lid, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	10g	15g	20g
Bulgur Wheat <b>13</b>	120g	180g	240g
Garlic Clove**	2	3	4
Bell Pepper***	1	1½	2
Beef Mince**	240g	360g	480g
Smoked Paprika	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14</b>	28g	42g	56g
Soured Cream** <b>7</b>	75g	120g	150g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Bulgur*	240ml	360ml	480ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2811 /672	501 /120
Fat (g)	29.1	5.2
Sat. Fat (g)	13.0	2.3
Carbohydrate (g)	71.4	12.7
Sugars (g)	16.0	2.9
Protein (g)	37.4	6.7
Salt (g)	3.49	0.62

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

## 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, cereals containing 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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## Cook the Bulgur

**a)** Pour the **water for the bulgur** (see pantry for amount) into a large saucepan, stir in 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.

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## Goulash Time

**a)** Stir the **garlic** and **smoked paprika** into the **beef**. Cook for 30 secs.

**b)** Add the **passata**, **red wine stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

**c)** Bring to the boil, then reduce the heat slightly and simmer until thickened, 4-5 mins.

2



## Prep the Veg

**a)** Meanwhile, peel and grate the **garlic** (or use a garlic press).

**b)** Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.

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## Season to Taste

**a)** Once your **goulash** has thickened, taste and season with **salt**, **pepper** and more **sugar** if needed.

**b)** Add a splash of **water** if it's a little too thick.

3



## Get Frying

**a)** Heat a drizzle of **oil** in a large frying pan on medium-high heat.

**b)** Once hot, add the **beef mince** and **bell pepper**. Fry until the **mince** is browned, 5-6 mins.

**c)** Use a spoon to break up the **mince** 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.

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## Serve Up

**a)** Fluff up the **bulgur** with a fork and share between your bowls.

**b)** Top with your **goulash inspired beef**.

**c)** Drizzle the **soured cream** over the top to finish.

## Enjoy!