



Sticky Spiced Beef

with Pomegranate Molasses, Tabbouleh and Yoghurt

Quick 20 Minutes

15



Chicken Stock Paste



Bulgur Wheat



British Beef Mince



Medium Tomato



Garlic Clove



Roasted Spice and Herb Blend



Tomato Puree



Pomegranate Molasses



Dried Cranberries



Greek Style Natural Yoghurt

Ingredient Spotlight: Made from reduced pomegranate juice, pomegranate molasses is often found in Middle Eastern cuisine. This syrup can be used as an alternative to vinegar or lemon in dressings. Scan the QR Code to let us know what you think!



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, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	20g	30g	40g
Bulgur Wheat 13	120g	180g	240g
British Beef Mince**	240g	360g	480g
Medium Tomato	1	2	2
Garlic Clove**	2	3	4
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Pomegranate Molasses	15g	30g	30g
Dried Cranberries	30g	45g	60g
Greek Style Natural Yoghurt**	75g	105g	150g
7)			
Pantry	2P	3P	4P
Water for the Bulgur*	220ml	330ml	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	480g	100g
Energy (kJ/kcal)	2785 /665	581 /139
Fat (g)	26.1	5.4
Sat. Fat (g)	11.3	2.4
Carbohydrate (g)	74.7	15.6
Sugars (g)	23.5	4.9
Protein (g)	38.0	7.9
Salt (g)	2.43	0.51

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

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.



Simmer the Sauce

a) Mix the **garlic, roasted spice and herb blend** and **tomato puree** into the **beef** and cook for 1 min.

b) Stir in the **pomegranate molasses, dried cranberries, 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.



Fry 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.



Add the Tomatoes

a) Once cooked, fluff up the **bulgur wheat** with a fork, then stir through the **tomatoes**.

b) Taste and add **salt and pepper** if needed.



Get Prepped

a) While the **beef** cooks, chop the **tomato** into 1cm pieces.

b) Peel and grate the **garlic** (or use a garlic press).



Serve

a) Spoon the **tabbouleh** into bowls.

b) Serve the **spiced beef** on top of the **tabbouleh** with a dollop of **yoghurt**.

Enjoy!