

Sticky Spiced Beef

with Pomegranate Molasses, Tabbouleh and Yoghurt



Quick 20 Minutes







Chicken Stock





British Beef Mince





Garlic Clove

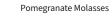


Roasted Spice and Herb





Tomato Puree





Dried Cranberries



Greek Style Natural Yoghurt

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

2P	3P	4P
20g	30g	40g
120g	180g	240g
240g	360g	480g
1	2	2
2	3	4
1 sachet	1 sachet	2 sachets
30g	45g	60g
15g	30g	30g
30g	45g	60g
75g	105g	150g
2P	3P	4P
220ml	330ml	440ml
1 tsp	1½ tsp	2 tsp
100ml	150ml	200ml
	20g 120g 240g 1 2 1 sachet 30g 15g 30g 75g 2P 220ml 1 tsp	20g 30g 120g 180g 240g 360g 1 2 2 3 1 sachet 1 sachet 30g 45g 15g 30g 30g 45g 75g 105g 2P 3P 220ml 330ml 1 tsp 1½ tsp

*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.



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.



Get Prepped

- **a)** While the **beef** cooks, chop the **tomato** into 1cm pieces.
- **b)** Peel and grate the **garlic** (or use a garlic press).



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.



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.



Serve

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

Enjoy!