

# Harissa Lamb and Chickpea Stew

## with Charred Courgette and Ciabatta

Calorie Smart 20-25 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories



Carrot



Lamb Mince



Courgette



Garlic Clove



Mint



Tomato Puree



Chermoula Spice Mix



Harissa Paste



Chicken Stock Paste



Chickpeas



Ciabatta



Ready in just 25 minutes, this Speedy Harissa Beef and Chickpea Stew is spicy and vibrant. Harissa is widely used in Middle Eastern and North African cuisine, containing dried chillies, star anise, cumin and coriander.

### Pantry Items

Oil, Salt, Pepper, Sugar, 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
Courgette**	1	2	2
Garlic Clove**	2	3	4
Mint**	1 bunch	1 bunch	1 bunch
Tomato Puree	30g	45g	60g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Harissa Paste <b>14</b>	50g	100g	100g
Chicken Stock Paste	10g	15g	20g
Chickpeas	1 carton	2 cartons	2 cartons
Ciabatta <b>13</b>	1	2	2
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	½ tsp	¾ tsp	1 tsp
Butter*	15g	25g	30g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>491g</b>	<b>100g</b>
Energy (kJ/kcal)	2647 /633	540 /129
Fat (g)	32.8	6.7
Sat. Fat (g)	11.5	2.3
Carbohydrate (g)	50.4	10.3
Sugars (g)	12.9	2.6
Protein (g)	33.9	6.9
Salt (g)	3.02	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, 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.


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

## Contact

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## Fry the Lamb

- If you don't have a toaster, preheat your oven to 220°C/200°C fan/gas mark 7 for the **ciabatta**.
- Trim and coarsely grate the **carrot** (no need to peel).
- Pop a large frying pan on high heat (no oil). Once hot, add the **lamb mince** and **carrot**. Fry until browned, 5-6 mins.
- Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



## Char the Courgette

- While the **lamb** simmers, pop another large frying pan on high heat with a drizzle of **oil**.
- Once hot, add the **courgette** and cook until charred, 4-5 mins. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.



## Spice Things Up

- Meanwhile, trim the **courgette** and slice into 1cm thick rounds. Peel and grate the **garlic** (or use a garlic press). Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).
- Once the **lamb** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.
- Lower the heat, then stir in the **tomato puree**, **chermoula spice mix** and **garlic**. Cook until fragrant, 1-2 mins.



## Toast the Ciabatta

- While the **courgette** chars, halve the **ciabatta**.
- Toast the **ciabatta** halves in your toaster until golden.
- If you're using the oven, warm on the top shelf until golden, 2-3 mins.
- Once toasted, drizzle with **oil** and season with **salt**.



## Bring on the Chickpeas

- Add the **harissa paste** (add less if you'd prefer things milder), **chicken stock paste**, **sugar** (see pantry for amount) and **chickpeas** with all their **liquid** to the pan. Stir to combine.
- Season with **salt** and **pepper**. Simmer, stirring occasionally, until thickened, 4-5 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Finish and Serve

- Stir the **butter** (see pantry for amount) through the **stew** until melted. Add a splash of **water** if it's a little thick.
- Share the **stew** between your bowls and top with the **charred courgette**.
- Sprinkle over the **mint**.
- Cut the **ciabatta** into triangles and serve alongside for dipping.

Enjoy!