



Speedy Chermoula Beef Bulgur Bowl

with Apricots, Spinach and Yoghurt

Quick 20-25 Minutes • **Mild Spice**

15



Chicken Stock Paste



Bulgur Wheat



British Beef Mince



Dried Apricots



Chermoula Spice Mix



Tomato Puree



Red Pepper Chilli Jelly



Baby Spinach



Greek Style Natural Yoghurt



Perfect for a midweek meal, this Speedy Chermoula Beef Bulgur Bowl can be on your table in less than 25 minutes. Chermoula spice mix is widely used in North African cuisine, fragrant with paprika, turmeric and coriander.

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

Saucepan, lid and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--|----------|-----------|-----------|
| Chicken Stock Paste | 20g | 30g | 40g |
| Bulgur Wheat 13 | 120g | 180g | 240g |
| British Beef Mince** | 240g | 360g | 480g |
| Dried Apricots 14 | 40g | 60g | 80g |
| Chermoula Spice Mix | 1 sachet | 2 sachets | 2 sachets |
| Tomato Puree | 30g | 45g | 60g |
| Red Pepper Chilli Jelly | 25g | 37g | 50g |
| Baby Spinach** | 40g | 100g | 100g |
| Greek Style Natural Yoghurt** 7 | 75g | 150g | 150g |
| Pantry | 2P | 3P | 4P |
| Water for the Bulgur* | 220ml | 330ml | 440ml |
| Water for the Sauce* | 175ml | 260ml | 350ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 497g | 100g |
| Energy (kJ/kcal) | 2758 /659 | 555 /133 |
| Fat (g) | 26.3 | 5.3 |
| Sat. Fat (g) | 11.4 | 2.3 |
| Carbohydrate (g) | 73.0 | 14.7 |
| Sugars (g) | 21.0 | 4.2 |
| Protein (g) | 38.5 | 7.7 |
| Salt (g) | 2.85 | 0.57 |

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, 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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Bulgur Time

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 Away

a) Bring to the **chermoula beef** to the boil, then reduce the heat and simmer gently until thickened, 4-6 mins.



Get Frying

a) Meanwhile, heat a large 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. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

c) While the **mince** cooks, cut the **dried apricots** into small pieces.



Stir in the Spinach

a) Once the **sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

b) Remove from the heat and season with **salt** and **pepper**. Add a splash of **water** if a little too thick.



Add the Flavour

a) When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.

IMPORTANT: The mince is cooked when no longer pink in the middle.

b) Stir in the **chermoula spice mix**, **apricots**, **tomato puree**, **red pepper chilli jelly**, **water for the sauce** (see pantry for amount) and remaining **chicken stock paste**.



Serve Up

a) Share the **bulgur wheat** between your serving bowls and spoon over the **chermoula beef**.

b) Finish with a dollop of **yoghurt** on top.

Enjoy!