



Speedy Middle Eastern Inspired Harissa Lamb with Pepper and Bulgur Wheat

Quick 20-25 Minutes • **Medium Spice** • 2 of your 5 a day

49



Bulgur Wheat



Chicken Stock Paste



Garlic Clove



Bell Pepper



Lamb Mince



Harissa Paste



Tomato Passata



Baby Spinach



Greek Style Natural Yoghurt



Ready in just 25 minutes, this Speedy Middle Eastern Inspired Harissa Lamb is quick but full of flavour. 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

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

Kettle, saucepan, lid, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bulgur Wheat 13	120g	180g	240g
Chicken Stock Paste	20g	30g	40g
Garlic Clove**	3	5	6
Bell Pepper***	1	1½	2
Lamb Mince**	200g	300g	400g
Harissa Paste 14	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Baby Spinach**	40g	75g	100g
Greek Style Natural Yoghurt** 7	75g	120g	150g

Pantry	2P	3P	4P
Water for the Bulgur*	220ml	330ml	440ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*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	Per serving	Per 100g
for uncooked ingredient	592g	100g
Energy (kJ/kcal)	2667 /637	450 /108
Fat (g)	27.7	4.7
Sat. Fat (g)	9.8	1.7
Carbohydrate (g)	68.2	11.5
Sugars (g)	16.1	2.7
Protein (g)	32.4	5.5
Salt (g)	3.02	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 **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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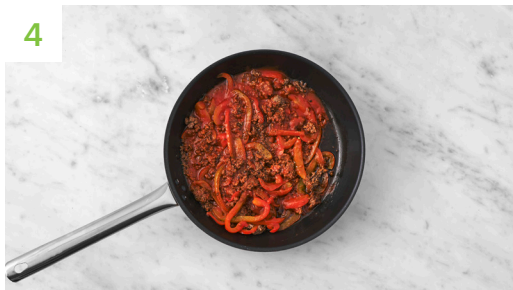
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Cook the Bulgur

- Boil a half-full kettle.
- Once boiled, 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.
- Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.
- Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Add the Flavour

- Stir the **garlic** and **harissa paste** into the **lamb mince**. Fry for 1 min.
- Stir in the **passata**, **sugar**, **water for the sauce** (see pantry for both amounts) and remaining **chicken stock paste**.
- Bring the **sauce** to the boil, then simmer until slightly thickened, 3-4 mins.



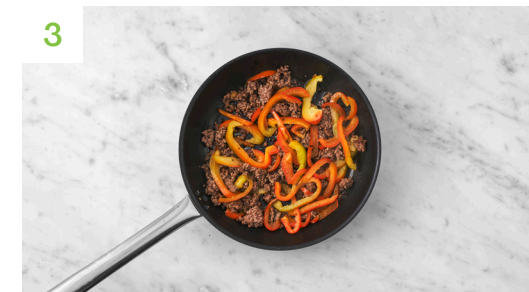
Prep Time

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.



Finishing Touches

- Add the **spinach** to the frying pan a handful at a time until wilted and piping hot, 1-2 mins.
- Taste the **sauce** and season with **salt**, **pepper** and a pinch more **sugar** if needed.



Fry the Lamb

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **lamb mince** and the **pepper**. Cook until browned, 5-6 mins.
- Use spoon to break the **mince** up 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.



Serve Up

- Share the **bulgur wheat** between bowls.
- Top with the **lamb** and **sauce**.
- Spoon over the **yoghurt** to finish.

Enjoy!