



Comforting Harissa Beef Bulgur Bowl

with Courgette and Zesty Yoghurt

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

13



Garlic Clove



Bulgur Wheat



Chicken Stock Paste



Courgette



Lemon



Greek Style Natural Yoghurt



British Beef Mince



Tomato Puree



Red Wine Stock Paste



Harissa Paste



On the table in less than 25 minutes, this Comforting Harissa Beef Bulgur Bowl is quick and full of flavour. 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, Butter, 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, garlic press, saucepan, lid, fine grater, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Bulgur Wheat 13)	120g	180g	240g
Chicken Stock Paste	15g	25g	30g
Courgette**	1	1	2
Lemon**	1	1	2
Greek Style Natural Yoghurt** 7)	75g	120g	150g
British Beef Mince**	240g	360g	480g
Tomato Puree	30g	45g	60g
Red Wine Stock Paste 14)	28g	42g	56g
Harissa Paste 14)	50g	75g	100g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Boiled 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

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	627g	100g
Energy (kJ/kcal)	3353 /801	535 /128
Fat (g)	41.7	6.7
Sat. Fat (g)	17.1	2.7
Carbohydrate (g)	74.9	11.9
Sugars (g)	18.8	3.0
Protein (g)	39.7	6.3
Salt (g)	4.43	0.71

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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Cook the Bulgur

- Boil a half-full kettle. Peel and grate the **garlic** (or use a garlic press).
- Melt the **butter** (see pantry for amount) in a deep saucepan on medium-high heat. Once melted, add the **garlic** and cook, 30 secs.
- Stir in the **bulgur wheat** until coated, 30 secs. Stir in the **chicken stock paste** and **boiled water for the bulgur** (see pantry).
- Bring back to the boil and simmer for 1 min. Put 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

- Squeeze the **juice** from **half** the **lemon** into the **beef** and cook, 30 secs.
- Stir in the **tomato puree** and remaining **garlic**. Cook until fragrant, 1 min.
- Add the **red wine stock paste**, **harissa paste** (add less if you'd prefer things milder), **sugar** and **water for the sauce** (see pantry for both amounts).
- Stir to combine, then bring to the boil and simmer, 2-3 mins.



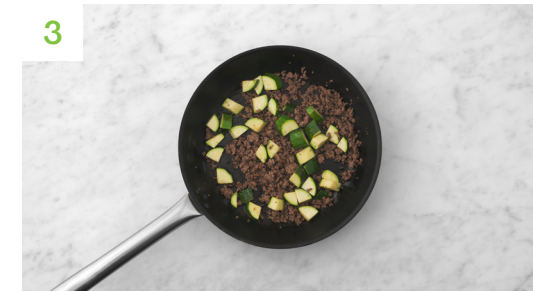
Prep Time

- Meanwhile, trim the **courgette**, then quarter lengthways. Chop widthways into 1cm pieces.
- Zest and cut the **lemon** into wedges.
- In a small bowl, combine the **Greek style yoghurt** and **lemon zest**. Set aside.



Finishing Touches

- Once thickened, taste the **sauce** and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.
- Fluff up the **bulgur** with a fork.



Fry the Beef

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **beef mince** and **courgette**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks.
- When the **mince** has browned, 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** between your bowls.
- Top with the **harissa beef**.
- Finish with a dollop of **zesty yoghurt**.

Enjoy!