



Chermoula Sausage Meatball Stew

with Courgette, Pepper and Bulgur Wheat

Classic 35 Minutes • Little Spice • 2 of your 5 a day

5



-  Red Onion
-  Bell Pepper
-  Courgette
-  Garlic Clove
-  Spring Onion
-  Pork Sausage Meat
-  Ground Cumin
-  Panko Breadcrumbs
-  Bulgur Wheat
-  Chicken Stock Powder
-  Chermoula Spice
-  Tomato Passata
-  Greek Yoghurt

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Garlic Press, Bowl, Measuring Jug, Saucepan, Frying Pan, Wooden Spoon.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Courgette**	1	1	2
Garlic Clove	1 clove	2 cloves	2 cloves
Spring Onion**	1	1	2
Pork Sausage Meat 13) 14)**	225g	340g	450g
Ground Cumin	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13)	10g	15g	25g
Water for the Bulgur*	240ml	360ml	480ml
Bulgur Wheat 13)	120g	180g	240g
Chicken Stock Powder	2 sachets	3 sachets	4 sachets
Chermoula Spice	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Water*	100ml	150ml	200ml
Greek Yoghurt 7)**	75g	120g	150g
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

*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

	Per serving	Per 100g
for uncooked ingredient	602g	100g
Energy (kJ/kcal)	3019 / 722	502 / 120
Fat (g)	26	4
Sat. Fat (g)	10	2
Carbohydrate (g)	87	15
Sugars (g)	24	4
Protein (g)	35	6
Salt (g)	3.88	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Get Prepped

Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion(s)**. Put the **sausage meat** into a bowl and add the **cumin** and **breadcrumbs**. Mix with your hands until well combined, then shape into 4 **meatballs** per person. Pop them on a plate. **IMPORTANT: Wash your hands after handling raw meat.**



Fry the Balls

Add the **meatballs** to the frying pan, fry until evenly browned on the outside, 3-4 mins, turn occasionally. Move the **meatballs** to the edge of the pan and add the **onion** along with a pinch of **salt** and **pepper**. Fry with the **meatballs** until softened, 4-5 mins. Stir frequently. Add the **pepper** and **courgette** back into the pan along with the **garlic** and **chermoula**. Stir and cook for 1 minute, pour in the **passata** and **water** (see ingredients for amount).



Bulgur Time

Pour the **water** for the **bulgur wheat** (see ingredients for amount) into a saucepan and bring to the boil. Stir in the **bulgur** and **half the stock powder**. Bring back up to the boil, simmer for 1 minute, 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

Stir in the remaining **chicken stock powder**, then season with **salt**, **pepper** and **sugar** (see ingredients for amount) and simmer the **stew** until nicely thickened, 5-7 mins. **IMPORTANT: The meatballs are cooked when no longer pink in the middle. TIP: Add a splash of water if the stew looks a little dry.** Taste the **stew** and add **salt** and **pepper** if necessary.



Start the Stew

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, add the **pepper** and **courgette** and cook until charred, 3-4 mins. Stir only twice in this time as you want the **pepper** to get some nice colour. Once charred, remove the **pepper** to a bowl. Pop your pan back on medium-high heat with a drizzle of **oil** if the pan is dry.



Finish and Serve

Fluff up the **bulgur wheat** with a fork, stir through a drizzle of **olive oil**, and mix the **spring onions** in. Spoon into bowls and top with the **stew**. Finish with a spoonful of **Greek yoghurt** and sprinkle over the **spring onion**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.