



# Fruity Lebanese Style Lamb

with Bulgur Wheat and Cumin Roasted Carrots

**CLASSIC** 35 Minutes • Little Heat • 1 of your 5 a day



Onion



Garlic Clove



Carrot



Flat Leaf Parsley



Dill



Pitted Prunes



Ground Cumin



Bulgur Wheat



Chicken Stock Powder



Lamb Mince



Tomato Purée



Shawarma Seasoning



Natural Yoghurt



Sumac

## Before you start

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

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Baking Tray, Measuring Jug, Large Saucepan (with Lid or Foil) and Frying Pan.

### Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Carrot**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Dill**	½ bunch	1 bunch	1 bunch
Pitted Prunes	1 bag	1½ bags	2 bags
Ground Cumin	1 small pot	¾ large pot	1 large pot
Water for the Bulgur Wheat*	240ml	360ml	480ml
Bulgur Wheat <b>13</b>	120g	180g	240g
Chicken Stock Powder	2 sachets	3 sachets	4 sachets
Lamb Mince**	200g	300g	400g
Tomato Purée	1 sachet	1½ sachets	2 sachets
Shawarma Seasoning	1 small pot	¾ large pot	1 large pot
Water for the Lamb*	100ml	150ml	200ml
Natural Yoghurt <b>7</b> **	75g	100g	150g
Sumac	1 small pot	1 small pot	1 large pot

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	439g	100g
Energy (kJ/kcal)	2337 / 559	533 / 127
Fat (g)	16	4
Sat. Fat (g)	7	2
Carbohydrate (g)	72	17
Sugars (g)	21	5
Protein (g)	33	8
Salt (g)	1.93	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk **13**) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Prep the Veggies

Preheat your oven to 200°C. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **carrot**, quarter lengthways and chop into 3cm long batons (no need to peel!). Roughly chop the **parsley** and **dill** (stalks and all). Keep them separate. Roughly chop the **prunes**.



## 4. Fry the Lamb

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **lamb mince**. Season with **salt** and **pepper** and cook until browned, 5-6 mins. Use a wooden spoon to break up the **mince** as it cooks. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.* Lower the heat to medium and add the **onion**. Cook until soft, 4-5 mins. Stir in the **garlic**, **tomato purée** and **shawarma seasoning**. Cook for one minute more.



## 2. Roast the Carrots

Pop the **carrots** on a baking tray. Sprinkle over the **cumin**. Season with **salt** and **pepper**. Drizzle on a splash of **oil**, then use your hands to coat the **carrots** in the **spice**. Pop on the top shelf of your oven and roast until golden, 20-25 mins. Turn halfway through cooking to ensure they roast evenly.



## 5. Finish the Stew

Add the **water** (see ingredients for amount) to the **lamb mixture**, along with the remaining **stock powder** and the **prunes**. Stir together and bring to a gentle simmer. Cook until the **mixture** is thick and saucy, 5-7 mins. Season to taste with **salt** and **pepper** if needed. Meanwhile, in a small bowl, mix the **yoghurt** with **half** of the **dill**. Season with **salt** and **pepper**.



## 3. Cook the Bulgur

Pour the **water** for the bulgur wheat (see ingredients for amount) into a saucepan, bring to the boil and stir in the **bulgur wheat** and **half** the **chicken 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.



## 6. Serve and Enjoy!

Fluff up the **bulgur wheat** with a fork and stir through the **sumac** and **parsley**. Serve in bowls with the **Lebanese lamb** on top. Finish with some **roasted carrots**, a spoonful of **yoghurt** and a sprinkle of the remaining **dill**.

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.