



Moroccan-Style Lamb Shank

with Charred Pepper Bulgur and Dukkah

N° 13

PREMIUM 35 Minutes • 1.5 of your 5 a day



Red Onion



Red Pepper



Flat Leaf Parsley



Dried Apricots



Garlic Clove



Bulgur Wheat



Chicken Stock Powder



Chermoula Spice



Tomato Purée



Red Wine Stock Pot



Lamb Shanks



Super Dukkah Mix

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), Two Saucepans and Measuring Jug.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Red Pepper**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Dried Apricots 14)	1 bag	1½ bags	2 bags
Garlic Clove**	1	2	2
Water for the Bulgur*	240ml	360ml	480ml
Bulgur Wheat 13)	120g	180g	240g
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Chermoula Spice	1 small pot	¾ large pot	1 large pot
Tomato Purée	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Red Wine Stock Pot 14)	½ pot	¾ pot	1 pot
Lamb Shanks 10)**	2	3	4
Super Dukkah Mix 1) 2) 3) 10)	1 pot	1½ pots	2 pots

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	603g	100g
Energy (kJ/kcal)	3571/854	593/142
Fat (g)	39	6
Sat. Fat (g)	15	3
Carbohydrate (g)	76	13
Sugars (g)	21	4
Protein (g)	48	8
Salt (g)	3.09	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **2)** Nut **3)** Sesame **10)** Celery **13)** Gluten **14)** Sulphites

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. Get Prepped

Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds, thinly slice then chop into 1cm chunks. Finely chop the **parsley** (stalks and all!). Quarter the **apricots**. Peel and grate the **garlic** (or use a garlic press).



2. Start Cooking

Heat a drizzle of **oil** in a saucepan on medium-high heat. Once the **oil** is really hot, add the **red pepper** and fry until starting to char, 4-5 mins. Only stir 3-4 times so they get nicely coloured. Remove them to a bowl, and pop your pan back on medium-high heat. Add another drizzle of **oil** and add the **red onion**. Cook, stirring frequently until the **onion** is really nicely softened and golden, 5-6 mins, reduce the heat if necessary.



3. Finish and Bulgur

Pour the **water** for the bulgur wheat (see ingredients for amount) into the saucepan with the **onion** and bring to the boil. Stir in the **bulgur wheat**, **red pepper** and **chicken stock powder**. Bring back up to the boil and simmer for 1 minute, then pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



4. Start the Lamb

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium heat. Add the **garlic**, **chermoula** and **tomato purée**, stir and cook for 1 minute. Then stir in the **water** (see ingredients for amount), **apricots** and the **red wine stock pot**. Bring to a boil, stirring to dissolve the **stock**, and then add the **lamb shanks** and all of the **juices** in the bag. Baste the **lamb** in the liquid using a large spoon and lower the heat to a simmer.



5. Simmer

Simmer (uncovered) and baste the **lamb** occasionally until the **sauce** reduces and is thick and tomatoey, 15-20 mins. Increase the heat if the sauce isn't reducing. Whilst the lamb cooks, quickly do any washing up. Once cooked, taste and add **salt** and **pepper** if you feel it needs it. **IMPORTANT:** The lamb is cooked when piping hot all the way through.



6. Finish and Serve

Once the **lamb** is cooked, fluff up the **bulgur wheat** with a fork and stir in **half** the **parsley**. Spoon into bowls. Use a slotted spoon to take the **lamb** out of the **sauce** and place on top of the **bulgur wheat**. Spoon the sauce over the **lamb** and finish with a sprinkle of **parsley** and **dukkah**.
Enjoy!