



WARM CHILI LAMB SALAD

with Bulgur Wheat



HELLO CUMIN SEEDS

Cumin was used in Ancient Egypt not only as a spice but also as a preservative in mummification!



Red Onion



Bulgur Wheat



Cucumber



Flat Leaf Parsley



Fresh Chilli Jam



Lamb Strips



Cumin Seeds

30 mins

2 of your 5 a day

MEAL BAG

5

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Measuring Jug**, **Saucepan** (with a **Lid**) and **Large Frying Pan**. Now, let's get cooking!



1 ROAST THE ONION

Preheat your oven to 200°C. Halve, peel and chop each **onion** half into 4 wedges. Pop the **onion wedges** on a lined baking tray, drizzle with a little **oil** and season with **salt** and **pepper**. Place on the top shelf of your oven and bake until softened and charred, 15-20 mins.



2 COOK THE BULGUR WHEAT

Meanwhile, pour the **water** (see ingredients for amount) into a saucepan and bring to the boil. Stir in the **bulgur**, bring back to the boil, pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



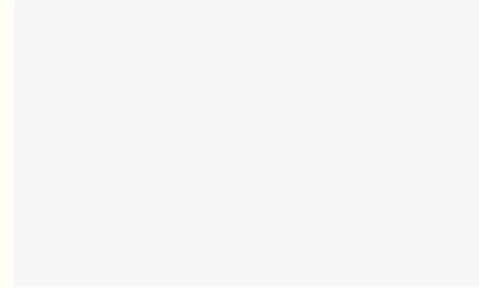
4 FRY THE LAMB

When the **onion** and **bulgur wheat** have 5 mins left, heat a splash of **oil** in a large frying pan on medium-high heat. Once hot, add the **lamb strips** and fry for 4-5 mins, reduce the heat slightly then add the **cumin seeds** along with a pinch of **salt** and **pepper**. Stir-fry for 1 minute more.



5 MAKE THE TABBOULEH

Once the **bulgur wheat** is ready, remove the lid and fluff up with a fork. Fold through the **cucumber**, **parsley** (keep a pinch for garnish) and season to taste with **salt** and **pepper**. Share between your plates and top with the **roasted onion wedges**.



3 DO THE PREP

Trim the **cucumber** then halve lengthways, scoop out the seeds with a spoon and thinly slice widthways. Roughly chop the **parsley** (stalks and all). Add the **fresh chilli jam** and **water** (see ingredients for amount) to a small bowl and mix to combine. This is your **sauce**.



6 FINISH AND SERVE

Finally, pop the **cumin coated lamb strips** on top of the **tabbouleh**, drizzle some **chilli sauce** on top and finish with a pinch of the reserved **parsley**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion	1	1½	2
Water for the Bulgur Wheat*	200ml	300ml	400ml
Bulgur Wheat ¹³⁾	100g	150g	200g
Cucumber	½	1	1
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Fresh Chilli Jam ¹⁴⁾	½ pot	¾ pot	1 pot
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp
Lamb Strips	240g	360g	480g
Cumin Seeds	½ large pot	¾ large pot	1 large pot

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 322G	PER 100G
Energy (kcal)	387	120
(kJ)	1617	503
Fat (g)	8	2
Sat. Fat (g)	2	1
Carbohydrate (g)	46	14
Sugars (g)	9	3
Protein (g)	32	10
Salt (g)	0.27	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

¹³⁾ Gluten ¹⁴⁾ Sulphites

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

👍 THUMBS UP OR THUMBS DOWN?

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