



# Lamb and Chickpea Stew

with Charred Courgettes and Zahtar Ciabatta

**Rapid** 20 Minutes • Medium Spice • 3 of your 5 a day

14



Lamb Mince



Red Onion



Carrot



Garlic Clove



Chickpeas



Tomato Puree



Harissa Paste



Chicken Stock Powder



Courgette



Ciabatta



Zahtar Spice

## Before you start

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

## Cooking tools, you will need:

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

## Ingredients

	2P	3P	4P
Lamb Mince**	200g	300g	400g
Red Onion**	1	1	2
Carrot**	1	1	2
Garlic Clove	1	2	2
Chickpeas	1 carton	2 cartons	2 cartons
Tomato Puree	1 sachet	1 sachet	2 sachets
Harissa Paste	1 sachet	2 sachets	2 sachets
Water for Lamb*	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Courgette**	1	2	2
Ciabatta <b>11</b> <b>13</b>	1	2	2
Olive Oil*	1 tbsp	2 tbsp	2 tbsp
Zahtar Spice	1 small pot	1 large pot	1 large pot

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>543g</b>	<b>100g</b>
Energy (kJ/kcal)	2845/680	524/125
Fat (g)	32	6
Sat. Fat (g)	8	2
Carbohydrate (g)	59	11
Sugars (g)	20	4
Protein (g)	36	7
Salt (g)	2.25	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

11) Soya 13) Gluten

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.

## Contact

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HelloFresh UK

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## Fry the Lamb

- Preheat your oven to 200°C.
- Pop a large saucepan onto medium-high heat (no oil). When the pan is hot, add the **mince**, season with **salt** and **pepper** and fry until browned, 4-5 mins.
- Break up with a spoon as it cooks. Once cooked, drain off any excess fat. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*



## Char the Courgette

- While the **lamb** cooks, pop a frying pan onto high heat (no oil).
- Trim the **courgette** and slice into 1cm thick rounds.
- When the pan is very hot, add the **courgettes** and cook until charred, 3-4 mins on each side. **TIP:** *You want the courgettes to char - this will add more flavour. You may have to cook them in batches.*



## Prep Time

- Meanwhile, halve, peel and thinly slice the **red onion**. Trim and coarsely grate the **carrot** (no need to peel), peel and grate the **garlic** (or use a **garlic press**).
- Once browned, stir the **onion** and **carrot** into the **lamb**. Cook until softened, 3-4 mins.
- Meanwhile drain and rinse the **chickpeas**.
- Once the **veg** is soft, add in the **garlic**, **tomato puree** and **harissa paste**. Lower the heat and cook gently until fragrant, one minute.



## Ciabatta Time

- While the **courgette** is charring, slice the **ciabatta** in half as if you were making a sandwich.
- Pop the **ciabatta** on a baking tray.
- Drizzle the **olive oil** (see ingredients for amount) onto the cut side and then sprinkle on **half** the **Zahtar spice**. Bake in the oven until the edges are golden, 3-4 mins.



## Simmer

- Add the **water** (see ingredients for amount) and **chicken stock powder** to the **lamb mixture**.
- Stir in the **chickpeas**.
- Season with **salt** and **pepper**, simmer until the **mixture** has thickened, 8-10 mins, stir occasionally.



## Serve

- Season the **stew** with **salt** and **pepper** to taste and add a splash of **water** if it's a little dry.
- Share between your bowls and top with the **courgette slices**. Finish with a drizzle of **olive oil** and a final sprinkle of the remaining **Zahtar spice**.
- Cut the **ciabatta slices** into **triangles** and serve alongside.

## 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.