



Middle Eastern Sausage Meatball Stew

with Bulgur Wheat

N° 11

FAMILY Hands on Time: 25 Minutes / Total Time: 35 Minutes • 1.5 of your 5 a day



Red Onion



Yellow Pepper



Garlic Clove



Pork Sausage Meat



Ground Cumin



Panko Breadcrumbs



Bulgur Wheat



Chicken Stock Powder



Chermoula Spice



Tomato Passata



Baby Spinach



Greek Yoghurt

Before you start

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

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Saucepan, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Red Onion**	1	1½	2
Yellow Pepper**	1	1½	2
Garlic Clove**	1	2	2
Pork Sausage Meat 14 **	246g	370g	493g
Ground Cumin	1 small pot	¾ large pot	1 large pot
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 small pot	¾ large pot	1 large pot
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Stew*	100ml	150ml	200ml
Baby Spinach**	1 bag	1 bag	2 bags
Greek Yoghurt 7 **	½ pouch	¾ pouch	1 pouch

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	682g	100g
Energy (kJ/kcal)	3098 /741	454 /109
Fat (g)	31	4
Sat. Fat (g)	11	2
Carbohydrate (g)	80	12
Sugars (g)	18	3
Protein (g)	38	6
Salt (g)	4.59	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **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.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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1. Get Prepped

Halve, peel and thinly slice the **onion**. Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks. Peel and grate the **garlic** (or use a garlic press). Put the **sausage meat** into a bowl and add the **cumin** and **breadcrumbs**. Mix with your hands until well combined, then shape into 4-5 walnut sized **meatballs** per person. Pop them on a plate. **IMPORTANT:** Wash your hands after handling raw meat.



4. Fry the Meatballs

Add the **meatballs** to the frying pan, fry until evenly browned on the outside, 3-4 mins, turning occasionally. Move the **meatballs** to the edge of the pan and add the onion along with a pinch of **salt, pepper** and **sugar**. Fry with the **meatballs** until softened, 5 mins, stirring frequently. Add the **pepper** 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).



2. 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.



5. Simmer

Stir in the remaining **chicken stock powder**, then add a pinch of **salt, pepper** and **sugar** and simmer the **stew** until nicely thickened, 5-7 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle. Once cooked, stir through the **spinach** a handful at a time until wilted. **TIP:** Add a splash of water if the stew looks a little dry. Taste the **stew** and add **salt** and **pepper** if necessary.



3. 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 cook until the **pepper** is 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.



6. Finish and Serve

Fluff up the **bulgur wheat** with a fork and stir through a drizzle of **olive oil**. Spoon into bowls and top with the **stew**. Finish with a spoonful of **Greek yoghurt**.

Enjoy!