



Braised Veg in Spicy Harissa Sauce with paprika spiced bulgur wheat

Veggie Calorie Smart 30 – 35 mins • Spicy

10



Bulgur Wheat



Vegetable Stock



Paprika



Leek



Baby Carrots



Greek Style Cheese



Italian Herbs



Tomato Paste



Scallion



Garlic



Almonds



Harissa Paste

Pantry Items: Salt, Oil, Pepper, Water, Butter, Sugar



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Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pan with lid, pot with lid

Ingredients

	2P	4P
Bulgur Wheat	120 g	240 g
Vegetable Stock	1 sachet	2 sachets
Paprika	2 sachets	4 sachets
Leek	1 unit	2 units
Baby Carrots	150 g	300 g
Greek Style Cheese	100 g	200 g
Italian Herbs	½ sachet	1 sachet
Tomato Paste	1 tin	2 tins
Scallion	1 unit	2 units
Garlic	1 unit	2 units
Almonds	15 g	30 g
Harissa Paste	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	365.5 g	100 g
Energy (kJ/kcal)	2426.7 kJ/ 580 kcal	663.9 kJ/ 158.7 kcal
Fat (g)	22.2 g	6.1 g
Sat. Fat (g)	9.8 g	2.7 g
Carbohydrate (g)	76.6 g	21 g
Sugars (g)	16.6 g	4.5 g
Protein (g)	22.2 g	6.1 g
Salt (g)	5.1 g	1.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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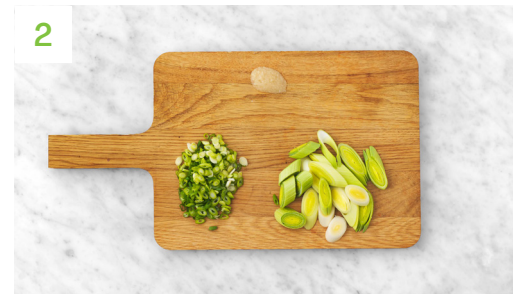
You can recycle me!



Make the Paprika Bulgur

- Pour 240ml **water** (double for 4p) into a pot and bring to the boil.
- Stir in the **bulgur**, **paprika** and **half the stock**.
- Bring back to the boil and simmer for 1 min.
- Pop a lid on the pot and remove from the heat.
- Leave aside for 12-15 mins (or until ready to serve).

TIP: If you're in a hurry you can boil the water in your kettle.



Get Prepped

- Meanwhile, trim the **leek**, removing the tough outer layers if necessary. Cut widthways at an angle into 2cm thick slices.
- Peel and grate the **garlic** (or use a garlic press).
- Trim and thinly slice the **scallion**.



Dry-fry the Almonds

- Place a large pan over high heat (without oil).
- Once hot, dry-fry the **almonds**, stirring regularly, until lightly toasted, 3-4 mins. Remove from the pan and set aside.
- Return the pan to high heat with a drizzle of **oil**.
- Once hot, cook the **leek** and **carrots** for 6-8 mins.
- Stir only every so often to allow the veg to char.

TIP: You may need to work in batches to avoid overcrowding the pan.



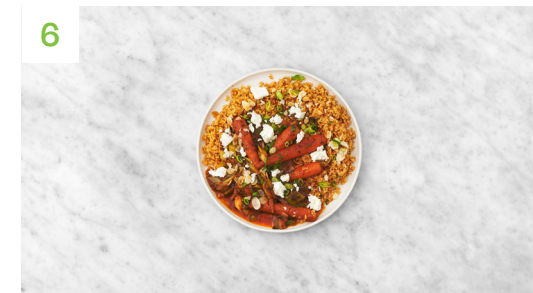
Start the Sauce

- Reduce the heat to medium.
- Add **tomato paste**, **garlic**, 1 tbsp **butter** and **half the Italian herbs** (double both for 4p) to the pan.
- Toss the veg in the sauce to further caramelize, 1-2 mins.



Simmer Slowly

- Add the remaining **stock**, **harissa paste**, ½ tsp **sugar** and 150ml **water** (double both for 4p) to the pan.
- Cover and simmer until veg is tender, 5-8 mins.
- Add a splash of **water** if you feel the sauce is too thick.
- Season to taste with **salt**, **pepper** and **sugar**.
- Stir through a knob of **butter**.



Finish and Serve

- Divide the **paprika bulgur** between bowls.
- Top with the braised veg.
- Crumble over the **Greek style cheese**.
- Finish with a sprinkling of sliced **scallion** and toasted **almonds**.

Enjoy!