

Fruity Middle-Eastern Style Lamb Stew with Couscous and Dill Yoghurt

Rapid 20 Minutes • Little Spice • 2 of your 5 a day



Carrot



Chicken Stock Powder



Lamb Mince



Prunes



Natural Yoghurt



Harissa Paste



Cumin



Couscous



Red Onion



Dill



Tomato Puree



Natural Yoghurt

Before you start

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Carrot**	2	3	4
Cumin	1 pot	1 pot	2 pots
Chicken Stock Powder	1	2	2
Water for the Couscous*	240ml	360ml	480ml
Couscous* 13	120g	180g	240g
Lamb Mince**	200g	300g	400g
Red Onion**	1	1	2
Prunes	40g	60g	80g
Dill**	1 bunch	1 bunch	1 bunch
Garlic Clove	1 clove	2 cloves	2 cloves
Tomato Puree	1	1 1/2	2
Harissa Paste	1 sachet	1 1/2 sachets	2 sachets
Water for Lamb*	100ml	150ml	200ml
Natural Yoghurt 7)**	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	443g	100g
Energy (kJ/kcal)	2605 / 623	588 / 141
Fat (g)	23	5
Sat. Fat (g)	7	2
Carbohydrate (g)	71	16
Sugars (g)	22	5
Protein (g)	33	7
Salt (g)	1.47	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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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Packed in the UK

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Roast your Carrots

- a) Preheat your oven to 200°C.
- b) Trim the carrot then slice into thin rounds.
- c) Pop the carrots onto a baking tray and drizzle with oil, season with salt and pepper and scatter over the cumin.
- d) Toss to coat then spread out in a single layer.
- e) Roast until soft and golden, 15-16 mins, turning halfway through.



Couscous Time

- a) Meanwhile, pour the water for the couscous (see ingredients for amount) and half the stock powder into a saucepan and bring to the boil.
- b) When boiling, remove from the heat, stir in the couscous and pop a lid on the pan.
- c) Leave to the side for 8-10 mins or until ready to serve.



Cook the Lamb

- a) Meanwhile, heat a drizzle of oil in a frying pan on high heat. When the pan is hot, add the lamb mince and cook until browned, 5-6 mins.
- b) Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the mince, then season with salt and pepper.
- c) Meanwhile, halve, peel and chop the red onion into small pieces.
- d) Roughly chop the prunes.
- e) Roughly chop the dill (stalks and all).
- f) Peel and grate the garlic (or use a garlic press).



Simmer

- a) Lower the heat of the lamb pan to medium and add the onion.
- b) Cook until soft, 3-4 mins.
- c) Stir in the garlic, tomato puree and harissa paste. Cook for 1 minute more.
- d) Add the water (see ingredients for amount) to the lamb mixture, along with the remaining stock powder and the prunes. Stir together and bring to a gentle simmer.
- f) Cook until the mixture is thick and saucy, 5-7 mins, adding a splash of water if the sauce is a little thick. Season to taste with salt and pepper if needed. IMPORTANT: The mince is cooked when no longer pink in the middle.



Yoghurt Time

- a) Meanwhile, in a small bowl, mix the yoghurt with half the dill. Season with salt and pepper.
- b) Carefully fluff up the couscous with a fork, stir through the remaining dill and season with salt and pepper.



Serve

- a) Divide the couscous between bowls and spoon over the lamb mixture.
 - b) Top with the roasted carrots and spoon over the dill yoghurt.
- 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.