



# Fruity Middle Eastern Style Lamb Stew

with Couscous and Dill Yoghurt

**Rapid** 20 Minutes • Medium Spice • 2 of your 5 a day

14



Carrot



Cumin



Chicken Stock Powder



Couscous



Lamb Mince



Red Onion



Prunes



Dill



Garlic Clove



Tomato Purée



Harissa Paste



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 and Fine Grater (or Garlic Press).

## Ingredients

	2P	3P	4P
Carrot**	2	3	4
Cumin	1 small sachet	1 large sachet	2 small sachets
Water for the Couscous*	240ml	360ml	480ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Couscous <b>13</b>	120g	180g	240g
Lamb Mince**	200g	300g	400g
Red Onion**	1	1	2
Prunes	1 pot	1½ pots	2 pots
Dill**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Tomato Purée	1 sachet	1½ sachets	2 sachets
Harissa Paste	1 sachet	1½ sachets	2 sachets
Water for the Lamb*	100ml	150ml	200ml
Natural Yoghurt <b>7</b> **	75g	100g	150g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	443g	100g
Energy (kJ/kcal)	2600/622	587/140
Fat (g)	23	5
Sat. Fat (g)	8	2
Carbohydrate (g)	70	16
Sugars (g)	23	5
Protein (g)	33	7
Salt (g)	1.60	0.36

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.

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## Roast your Carrots

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



## Simmer

- Lower the heat of the **lamb** pan to medium and add the **onion**. Cook until soft, 3-4 mins.
- Stir in the **garlic**, **tomato purée** and **harissa paste**. Cook for 1 minute more.
- 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.
- 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.



## Couscous Time!

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



## Yoghurt Time

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



## Cook the Lamb

- 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. Use a wooden spoon to break it up as it cooks. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.
- Meanwhile, halve, peel and chop the **red onion** into small pieces.
- Roughly chop the **prunes**.
- Roughly chop the **dill** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).



## Serve

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

## Enjoy!