



# Fruity Middle Eastern Style Lamb Stew

with Couscous and Dill Yoghurt

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

N° 14



Carrot



Cumin



Chicken Stock Paste



Couscous



Lamb Mince



Red Onion



Prunes



Dill



Garlic Clove



Tomato Puree



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, Wooden Spoon, Garlic Press, Bowl.

## Ingredients

	2P	3P	4P
Carrot**	2	3	4
Cumin	1 sachet	1 sachet	2 sachets
Water for the Couscous*	240ml	360ml	480ml
Chicken Stock Paste	15g	20g	30g
Couscous <b>13</b>	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	2	2
Tomato Puree	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	120g	150g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	426g	100g
Energy (kJ/kcal)	2621/626	615/147
Fat (g)	23	6
Sat. Fat (g)	8	2
Carbohydrate (g)	68	16
Sugars (g)	22	5
Protein (g)	33	8
Salt (g)	2.22	0.52

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

Thumbs up or thumbs down?

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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 puree** and **harissa paste**. Cook for 1 minute more.
- Add the **water** (see ingredients for amount) to the **lamb mixture**, along with the remaining **stock paste** 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. **IMPORTANT: The mince is cooked when it's no longer pink in the middle.**



## Couscous Time

- Meanwhile, pour the **water** for the couscous (see ingredients for amount) and **half** the **stock paste** 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: Wash your hands after handling raw meat.**
- While it's cooking, 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!

**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.