



MIDDLE EASTERN STYLE LAMB STEW

with Couscous and Courgette



HELLO COUSCOUS

Not a grain but tiny balls of dough made by sprinkling water on flour, raking it through and sieving!



Chicken Stock Powder



Couscous



Lamb Mince



Courgette



Coriander



Tagine Paste



Tagine Garnish



Finely Chopped Tomatoes with Garlic & Onion

MEAL BAG

20 mins

1.5 of your 5 a day

Little heat

Rapid recipe

Quick, easy, fresh and bursting with flavour, what more can you ask for? The Middle Eastern Lamb Stew brings you great fresh flavours with minimal hassle. While your couscous soaks up your chicken stock broth the lamb is combined with the courgettes, tagine and chopped tomatoes and left to simmer to maximise the flavours. This produces a great tasting dish, which can be made from box to plate in just 20 minutes.

GET **PREPARED!**

Fill and boil your **kettle**.

15

BEFORE YOU START

- 🔥 Fill and boil your **kettle**.
- 🧼 Wash the veggies.
- 🍴 Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**) and **Large Frying Pan**. Let's start cooking the **Middle Eastern Style Lamb Stew with Couscous and Courgette**.



1 COOK THE COUSCOUS

- Pour the boiling **water** (see ingredients for amount) into a large saucepan.
- Add **half** the **stock powder**, stir well to dissolve.
- Remove from the heat and stir in the **couscous**. Cover with a lid and leave to one side.



2 START THE STEW

- Heat a large frying pan over high heat (no oil).
- Add the **lamb mince** and cook until browned, 3-5 mins.
- Break up with a wooden spoon as it cooks and drain off any excess fat.



3 PREP THE VEGGIES

- Meanwhile, trim the **courgette** then halve lengthways. Thinly slice widthways.
- Roughly chop the **coriander** (stalks and all).



4 ADD THE VEGGIES

- Lower the heat to medium and add the **courgette** to the **lamb**. Cook for 2 mins.
- Add the remaining **stock powder**, the **tagine paste** and **garnish** and the **chopped tomatoes**.
- Bring to the boil and stir well to dissolve the **stock powder**.



5 SIMMER THE STEW

- Reduce the heat again to medium and simmer until the **sauce** is nice and thick and the **courgette** is tender, 8-10 mins.
 - Stir occasionally to make sure it isn't catching to the bottom of the pan.
- 🔥 **IMPORTANT:** The lamb mince is cooked when it is no longer pink in the middle.



6 SERVE

- Fluff the **couscous** up with a fork and season with **salt** and **pepper** to taste.
- Stir **half** the **chopped coriander** through the **stew**.
- Taste and season with **salt** and **pepper** if necessary.
- Share the **couscous** between your plates and top with the **lamb stew** and a sprinkling of remaining **coriander**.

2-4 PEOPLE INGREDIENTS

	2P	3P	4P
Water*	300ml	450ml	600ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Couscous ¹³⁾	150g	225g	300g
Lamb Mince *	200g	300g	400g
Courgette *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Tagine Paste ¹⁴⁾	1 pot	1½ pots	2 pots
Tagine Garnish ¹⁴⁾	1 pot	1½ pots	2 pots
Finely Chopped Tomatoes with Onion	1 carton	1½ cartons	2 cartons

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 515G	PER 100G
Energy (kJ/kcal)	2743 / 656	533 / 128
Fat (g)	18	4
Sat. Fat (g)	6	1
Carbohydrate (g)	81	16
Sugars (g)	22	4
Protein (g)	36	7
Salt (g)	4.20	0.82

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

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.

👍 THUMBS UP OR THUMBS DOWN?

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Enjoy!