



# Middle Eastern Style Lamb Stew

with Couscous, Roasted Carrots and Dill Yoghurt

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

15



Carrot



Ground Cumin



Chicken Stock Paste



Couscous



Lamb Mince



Red Onion



Prunes



Dill



Garlic Clove



Tomato Puree



Harissa Paste



Low Fat Natural Yoghurt

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, frying pan, garlic press and bowl.

## Ingredients

	2P	3P	4P
Carrot**	2	3	4
Ground 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
Low Fat Natural Yoghurt** 7)	75g	120g	150g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	426g	100g
Energy (kJ/kcal)	2573 /615	604 /144
Fat (g)	24.3	5.7
Sat. Fat (g)	7.7	1.8
Carbohydrate (g)	66.5	15.6
Sugars (g)	19.1	4.5
Protein (g)	32.6	7.7
Salt (g)	2.23	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Roast your Carrots

- Preheat your oven to 220°C.
- Trim the **carrots**, then slice into 1cm thick rounds.
- Pop the **carrots** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then scatter over the **cumin**. Toss to coat, then spread out in a single layer.
- When the oven is hot, roast on the top shelf until soft and golden, 15-16 mins. Turn halfway through.



## Simmer and Spice

- Lower the heat to medium and add the **onion** to the **lamb**. Cook until soft, 3-4 mins.
- Stir in the **garlic**, **tomato puree** and **harissa paste**. Cook for 1 min more.
- Add the **water for the lamb** (see ingredients for amount), along with the remaining **chicken stock paste** and the **prunes**. Stir and bring to a gentle simmer.
- Cook until the **mixture** has thickened, 5-7 mins. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



## Couscous Time

- Meanwhile, pour the **water for the couscous** (see ingredients for amount) and **half the chicken 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.



## Dill Yoghurt Time

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



## Fry the Lamb

- While everything cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **lamb mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*
- 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

- When the **stew** is ready, season to taste with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.
- Divide the **couscous** between your bowls and spoon over the **lamb stew**.
- Top with the **roasted carrots** and a spoonful of **dill yoghurt**.

Enjoy!