



MINTED LAMB MEATBALLS

with Couscous and Garlicky Beans



HELLO COOKBOOK

Our brand NEW cookbook 'Recipes That Work' is available to buy now on Amazon!



Echalion Shallot



Garlic Clove



Mint



Dried Apricots



Green Beans



Lemon



Lamb Mince



Panko Breadcrumbs



Chicken Stock Pot



Couscous



Dried Thyme



Cumin Seeds



Diced Tomatoes

You only have to think of traditional Sunday roasts to know that lamb and mint is a match made in herb heaven. We're bringing a Middle Eastern twist to this classic combination with these minted meatballs. Enjoy!

40 mins

2.5 of your 5 a day

MEAL BAG

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater, Mixing Bowl, Measuring Jug, Large Saucepan** (with a **Lid**), two **Frying Pans** and some **Kitchen Paper**. Now, let's get cooking!



1 DO THE PREP

Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Roughly chop the **dried apricots**. Trim the tops from the **green beans**. Zest and juice the **lemon**.



2 MAKE THE MEATBALLS

Put the **lamb mince** in a mixing bowl with **half the shallot, half the mint, the dried apricots** and the **panko breadcrumbs**. Add a pinch of **salt** and some **pepper**, then mix together with your hands until well combined. Shape into four **meatballs** per person. Set aside. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



3 SOAK THE COUSCOUS

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



4 START THE SAUCE

Meanwhile, heat a drizzle of **oil** in a frying pan on medium heat and add the remaining **shallot**. Cook, stirring, until soft, 5 mins. Stir in **half the garlic, the dried thyme** and the **cumin seeds**. Cook until fragrant, 1 minute. Pour in the **diced tomatoes** and add the remaining **stock pot**. Stir to dissolve, add a pinch of **salt** and **pepper**, then simmer the sauce until thick and tomatoey, 7-10 mins.



5 COOK THE MEATBALLS

Whilst the sauce is simmering, heat a drizzle of **oil** in another frying pan on medium heat. Once hot, add the **meatballs**. Cook until brown on the outside (turning frequently), 6-7 mins. Once the **meatballs** are browned, add them to the **sauce** and simmer for 5-6 mins. Wipe out the **meatball** pan with kitchen paper. **! IMPORTANT:** The meatballs are cooked when they are no longer pink in the middle.



6 FINISH AND SERVE

Put the now empty frying pan back on medium heat and add a drizzle of **oil**. Once hot, add the **green beans**. Stir-fry until soft, 6-7 mins. Add the remaining **garlic** and cook for 1 minute more. Fluff up the **couscous** with a fork and stir in the remaining **mint**. Add some **lemon zest** and **juice** to taste. Spoon the **couscous** into bowls, top with the **meatballs** and serve with the **garlicky beans** on the side. **Tuck in!**

2 PEOPLE INGREDIENTS

Echalion Shallot, chopped	1
Garlic Clove, grated	1
Mint, chopped	1 bunch
Dried Apricots, chopped ¹⁴⁾	1 bag
Green Beans, trimmed	1 small pack
Lemon	½
Lamb Mince	250g
Panko Breadcrumbs ¹³⁾	10g
Water*	300ml
Chicken Stock Pot	1
Couscous ¹³⁾	150g
Dried Thyme	½ tbsp
Cumin Seeds	½ tbsp
Diced Tomatoes	1 tin

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 517G	PER 100G
Energy (kcal)	706	136
(kJ)	2952	571
Fat (g)	20	4
Sat. Fat (g)	7	1
Carbohydrate (g)	90	17
Sugars (g)	23	4
Protein (g)	40	8
Salt (g)	5.05	0.98

ALLERGENS

¹³⁾ Gluten ¹⁴⁾ Sulphites

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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