



Moroccan Style Lamb

with Couscous and Prunes



HELLO COURGETTE

Americans call these vegetables 'zucchini'.
Their flowers are also edible!



Chicken Stock Powder



Couscous



Lamb Strips



Red Onion



Courgette



Pitted Prunes



Chickpeas



Tagine Paste



Finely Chopped Tomatoes



Flaked Almonds

MEAL BAG

20 mins

4 of your 5 a day

Medium heat

Rapid recipe

Tagines can take all day. They can also take 20 minutes and right now, we're preferring our speedy version. Delicious strips of tender lamb simmered in an authentic Moroccan spice paste with onions, chickpeas, prunes, courgettes and tomatoes and served traditionally with cous cous and scattered with flaked almonds.

GET PREPARED!

Fill and boil your Kettle.

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BEFORE YOU START

- 🔑 Fill and boil your **Kettle**.
- 🧼 Wash the veggies.
- 🔪 Make sure you've got a **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Large Frying Pan** and **Sieve**. Let's start cooking the **Quick Lamb Tagine with Couscous and Prawns**.



1 COOK THE COUSCOUS

- Pour the boiling **water** (see ingredients for amount) into a large saucepan along with **half the stock powder**.
- Stir in the **couscous**, remove from the heat and cover with a lid.
- Leave to the side until ready to serve.



2 FRY THE LAMB

- Heat a drizzle of **oil** in a large frying pan on high heat.
- When really hot, add the **lamb strips**, season with **salt** and **pepper** and stir-fry until browned all over, 1-2 mins, then remove to a bowl and set aside.
- ★ **TIP:** Don't overcook the lamb here, you are just browning it. We will finish cooking it later.



3 DO THE PREP

- Halve, peel and finely slice the **onion**.
- Return the frying pan to medium-heat (add a splash of **oil** if it's dry) and add the **onion**. Cook, stirring occasionally, until soft, 3-4 mins.
- Meanwhile, trim the ends from the **courgette** quarter lengthways, then chop widthways into small pieces. Roughly chop the **prunes**.
- Drain and rinse the **chickpeas** in a sieve.



4 SIMMER THE TAGINE

- Add the **tagine paste** and **prunes** to the frying pan and stir. Cook for 1 minute, then add the **courgette**.
- Pour in the **chopped tomatoes**, remaining **stock powder** and the **chickpeas**. Bring to the boil then reduce the heat to medium and simmer until thick and tomatoey, 5-6 mins.



5 FINISH UP

- Return the **lamb** (and any **juices** that have come out), to the **tagine** and cook, stirring occasionally, for another 2-3 mins.
- Season to taste with **salt** and **pepper** if needed.



6 SERVE

- Fluff the **couscous** up with a fork, spoon into bowls and top with the **lamb tagine**.
- Scatter over some **flaked almonds** to finish.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	300ml	450ml	600ml
Chicken Stock Powder	1 pot	1½ pots	2 pots
Couscous 13)	150g	225g	300g
Lamb Strips	240g	360g	480g
Red Onion	1	2	2
Courgette	1	1	2
Pitted Prunes	1 bag	1½ bags	2 bags
Chickpeas	1 carton	1½ cartons	2 cartons
Tagine Paste 14)	1 pot	1½ pots	2 pots
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Flaked Almonds 2)	1 sachet	2 sachets	2 sachets

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 876G	PER 100G
Energy (kcal)	753	86
(kJ)	3148	360
Fat (g)	18	2
Sat. Fat (g)	4	0
Carbohydrate (g)	90	10
Sugars (g)	21	2
Protein (g)	51	6
Salt (g)	3.45	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 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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