



Quick Lamb Tagine

with Couscous



HELLO ALMONDS

The oldest mention of almond cultivation is in the Bible!



Chicken Stock Pot



Couscous



Lamb Strips



Red Onion



Courgette



Dried Apricots



Chickpeas



Tagine Paste



Diced Tomatoes



Flaked Almonds

MEAL BAG

- 20 mins
- 4 of your 5 a day
- Rapid recipe

Traditionally, a tagine was slow cooked in the remaining heat of the bakers' ovens in Morocco. The easily recognisable conical clay pot would be filled with meat, dried fruit, vegetables, and a small amount of liquid, and left to slow cook for a few hours. On the table in just 20 minutes, tonight's lamb tagine proves that you can create serious depth of flavour and delicious texture without a clay pot to hand and hours to spare!

GET **PREPARED!**

Fill and boil your **Kettle**

BEFORE YOU START

🔗 Fill and boil your **Kettle** | 🧼 Wash the veggies. | 🍴 Make sure you've got a **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Frying Pan** and **Sieve**. Now, let's get cooking! Let's start cooking the **Quick Lamb Tagine with Couscous**.



1 COOK THE COUSCOUS

- Pour the boiling water (see ingredients for amount) into a large saucepan along with **half the stock pot** and stir to dissolve.
- 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 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.
- Don't overcook the **lamb** here, you are just browning it. *We will finish cooking it later! If you like it well done leave for extra few minutes.*



3 PREP THE VEGGIES

- 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, quarter the **courgette** lengthways and chop widthways into small chunks. Roughly chop the **apricots**.
- Drain and rinse the **chickpeas** in a sieve.



4 START THE TAGINE

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



5 FINISH

- 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.
- Fluff the **couscous** up with a fork.



6 SERVE

- Spoon the **couscous** into bowls and top with the **lamb tagine**. Scatter over some **flaked almonds** to finish.

ENJOY!

2 PEOPLE INGREDIENTS

Water*	300ml
Chicken Stock Pot	1
Couscous 13)	150g
Lamb Strips	240g
Red Onion, sliced	1
Courgette, chopped	1
Dried Apricots, chopped 14)	1 bag
Chickpeas	1 carton
Tagine Paste 14)	1 pot
Diced Tomatoes	1 carton
Flaked Almonds 2)	1 small bag

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 821G	PER 100G
Energy (kcal)	902	110
(kJ)	3772	460
Fat (g)	23	3
Sat. Fat (g)	4	1
Carbohydrate (g)	108	13
Sugars (g)	29	4
Protein (g)	58	7
Salt (g)	7.04	0.86

ALLERGENS

2) Nut 13) Gluten 14) Sulphites

Tagine Paste: Lamb Stock, Sunflower Oil, Water, Sugar, Ground Spices (Paprika, Cinnamon, Cumin, Coriander, Ginger, Nutmeg, Cardamom, Black Pepper, Clove), Lemon Juice (**Sulphites**), Garlic Extract, Lemon Juice Powder, Salt, Onion Extract, Natural Lemon Flavouring, Cayenne Extract.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat and poultry! 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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