

SPEEDY SPICED LAMB TAGINE

with Chickpeas and Prunes





HELLO PRUNES

Prunes are dried plums and help digestion!





Ground Cumin

Chicken Stock Powder







Onion



Chickpeas

Lamb Mince







Pitted Prunes





Coriander

Carrot

Lemon



Chermoula

Finely Chopped Tomatoes

with Garlic & Onion





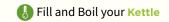


5 a day



Tagines can take all day. They can also take 20 minutes and right now, we're loving our speedy version. We've used lamb mince to cut down cooking time and combined it with onions, sticky prunes, chickpeas and carrot. Seasoned with chermoula and cumin and served traditionally with couscous and scattered with fresh coriander, this is quick cooking done properly.





BEFORE YOU

🚯 Fill and Boil your Kettle. 💮 Wash the veggies. 📳 Make sure you've got a Measuring Jug, Large Saucepan (with a Lid), Sieve, Large Frying Pan, Coarse Grater and Fine Grater. Let's start cooking the Spiced Lamb Tagine with Chickpeas and



COOK THE COUSCOUS

- a) Pour the boiling water for the couscous (see ingredients for amount) into a large saucepan with half the ground cumin and **half** the **stock powder**. Bring back to the boil.
- b) Halve, peel and thinly slice the onion. Drain and rinse the chickpeas in a sieve. Stir the couscous into the boiling stock, pop a lid on the pan and remove from the heat. Leave to the side for 8-10 mins, or until ready to serve.



2 BROWN THE LAMB

- a) Heat a splash of oil in a large frying pan over high heat.
- b) Pop the onions and lamb mince into the hot pan. Break up the lamb with a wooden spoon.
- c) Fry, stirring occasionally, until the **lamb** is slightly brown and the **onion** is starting to soften, 3-4 mins



3 PREP TIME

- a) Roughly chop the prunes.
- b) Roughly chop the coriander (stalks and all).
- c) Trim and coarsely grate the carrot (no need to peel).
- d) Zest the **lemon** and cut in half.



ADD SOME FLAVOUR

- a) Stir the chermoula spice blend and the remaining ground cumin into the frying pan.
- b) Add the chickpeas and the carrot. Cook for 1 minute.



5 SIMMER THE TAGINE

- a) Add the chopped tomatoes, the remaining **stock powder**, **sugar** (see ingredients for amount), **prunes** and **water** for the tagine (see ingredients for amount) to the pan.
- b) Bring to the boil. Stir to dissolve the **stock powder**. Reduce the heat and simmer for 5 mins. **(1) IMPORTANT:** The mince is cooked when it is no longer pink in the middle.

6 FINISH UP

- a) Fluff up the couscous with a fork. Stir in the lemon zest. Season with salt, pepper and half the coriander.
- b) Taste the tagine and season with salt and pepper if needed. Serve the couscous in bowls with the **lamb tagine** spooned on top. Finish with the remaining coriander and a squeeze of lemon juice.

Enjoy!

INGREDIENTS

	2P	3P	4P
Water for the Cousous*	300ml	450ml	600ml
Ground Cumin	1 small pot	¾ large pot	1 large pot
Chicken Stock Powder	1 sachets	1½ sachets	2 sachets
Onion *	1	2	2
Chickpeas	1	1½	2
	carton	cartons	cartons
Couscous 13)	150g	225g	300g
Lamb Mince *	200g	300g	400g
Pitted Prunes *	1 bag	2 bags	2 bags
Coriander *	1 bunch	1 bunch	1 bunch
Carrot *	1	1½	2
Lemon *	1	1½	2
Chermoula	1 small pot	1 large pot	1 large pot
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Tagine*	150ml	200ml	300ml

*Not Included * Store in the Fridge

PER SERVING 704G	PER 100G
3155/754	448/ 107
20	3
6	1
96	14
27	4
41	6
3.46	0.49
	704G 3155/754 20 6 96 27 41

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

13) Gluten

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?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:











The Fresh Farm 60 Worship St, London EC2A 2EZ



Packed in the UK

