

# Harissa Lamb & Chickpea Couscous

with Yoghurt

Grab your Meal Kit with this symbol



Couscous



Chicken-Style Stock Powder



Lamb Mince



Soffritto Mix



Chickpeas



Garlic Paste



Tomato Paste



Ras El Hanout



Harissa Paste



Baby Spinach Leaves



Greek-Style Yoghurt



Beef Mince

Prep in: **15-25 mins**  
Ready in: **15-25 mins**

Harissa, the chilli-based condiment originating from North Africa varies in heat from mild to fiery. Our version is definitely on the mild side, with a gentle heat plus warming spices. It's the ideal sauce to complement lamb, and with hearty couscous plus a cooling yoghurt, this bowl is a burst of flavour in every bite!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Brown Sugar

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
couscous	1 packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	¾ cup	1½ cups
<b>butter*</b>	40g	80g
lamb mince	1 packet	1 packet
soffritto mix	1 packet (150g)	1 packet (300g)
chickpeas	½ tin	1 tin
garlic paste	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
<b>brown sugar*</b>	2 tsp	1 tbs
ras el hanout	1 sachet	1 sachet
<b>water*</b>	½ cup	1 cup
harissa paste	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
Greek-style yoghurt	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3417kJ (817Cal)	673kJ (161Cal)
Protein (g)	45.2g	8.9g
Fat, total (g)	36.6g	7.2g
- saturated (g)	16.6g	3.3g
Carbohydrate (g)	73.3g	14.4g
- sugars (g)	15.1g	3g
Sodium (mg)	1540mg	303mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3860kJ (923Cal)	760kJ (182Cal)
Protein (g)	48.3g	9.5g
Fat, total (g)	45.8g	9g
- saturated (g)	21.6g	4.3g
Carbohydrate (g)	73.3g	14.4g
- sugars (g)	15.1g	3g
Sodium (mg)	1506mg	296mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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1



## Make the couscous

- Boil the kettle.
- In a medium heatproof bowl, add **couscous** and **chicken-style stock powder**. Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and half the **butter** and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.

3



## Make the sauce

- Add **chickpeas**, **garlic paste**, **tomato paste**, the **brown sugar** and **ras el hanout** and cook, stirring, until fragrant, **1-2 minutes**.
- Add the **water** and remaining **butter**. Stir to combine and simmer until slightly reduced, **1 minute**.
- Add **harissa paste** and **baby spinach leaves** and stir to combine. Season to taste.

2



## Cook the lamb

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **lamb mince** and **soffritto mix** until just browned, **4-5 minutes**.
- Meanwhile, drain and rinse **chickpeas** (see ingredients).

**Custom Recipe:** If you swapped lamb mince with beef mince, cook beef as above.

4



## Serve up

- Divide couscous between bowls. Top with harissa lamb and chickpeas.
- Serve with **Greek-style yoghurt**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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