

Moroccan Lamb & Spinach Jewelled Couscous

with Currants & Yoghurt

Grab your Meal Kit with this symbol



Couscous



Vegetable Stock Powder



Cucumber



Tomato



Baby Spinach Leaves



Flaked Almonds



Lamb Mince



Moroccan Curry Paste



Currants



Greek-Style Yoghurt



Beef Mince

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

Calorie Smart

Dreaming of warm Moroccan nights? Try our lamb and jewelled couscous, bursting with rich flavours, currants, spinach and almonds. This dish is sure to transport you from the dinner table to Morocco on the very first bite.

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

Pantry items

Olive Oil, Honey

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
olive oil*	refer to method	refer to method
couscous	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
cucumber	1 (medium)	1 (large)
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
flaked almonds	1 packet	2 packets
lamb mince	1 packet	1 packet
Moroccan curry paste	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
currants	1 medium packet	1 large packet
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)	2223kJ (531Cal)	526kJ (126Cal)
Protein (g)	37.6g	8.9g
Fat, total (g)	15.8g	3.7g
- saturated (g)	4.8g	1.1g
Carbohydrate (g)	60.9g	14.4g
- sugars (g)	20g	4.7g
Sodium (mg)	999mg	236mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2667kJ (637Cal)	631kJ (151Cal)
Protein (g)	40.7g	9.6g
Fat, total (g)	25g	5.9g
- saturated (g)	9.8g	2.3g
Carbohydrate (g)	60.9g	14.4g
- sugars (g)	20g	4.7g
Sodium (mg)	965mg	228mg

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 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 **vegetable stock powder**. Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.

3



Cook the lamb

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **lamb mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Reduce heat to medium. Add **tomato**, **Moroccan curry paste** and the **honey**, stirring to combine, **1 minute**. Remove from heat, then season to taste.

Custom Recipe: If you've swapped lamb mince for beef mince, cook the beef mince in the same way as lamb. Drain the oil from the pan and continue with step.

2



Get prepped

- While the couscous is cooking, finely chop **cucumber** and **tomato**. Roughly chop **baby spinach leaves**.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.

4



Serve up

- Add baby spinach to the couscous, along with cucumber and **currants**, and toss to combine.
- Divide spinach jewelled couscous between bowls. Top with Moroccan lamb.
- Serve with **Greek-style yoghurt** and garnish with toasted almonds. Enjoy!

Rate your recipe

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