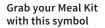


# Moroccan Lamb & Spinach Jewelled Couscous

with Currants & Yoghurt















Cucumber







**Baby Spinach** 





Lamb Mince



Flaked Almonds





Greek-Style

Yoghurt

Currants



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.

**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

| 9                         |                 |                                      |  |
|---------------------------|-----------------|--------------------------------------|--|
|                           | 2 People        | 4 People                             |  |
| olive oil*                | refer to method | refer to method                      |  |
| couscous                  | 1 packet        | 1 packet                             |  |
| vegetable stock<br>powder | 1 medium sachet | 1 large sachet                       |  |
| boiling water*            | ³⁄₄ cup         | 1½ cups                              |  |
| cucumber                  | 1 (medium)      | 1 (large)                            |  |
| tomato                    | 1               | 2                                    |  |
| baby spinach<br>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<br>yoghurt    | 1 medium packet | 1 large packet                       |  |
| beef mince**              | 1 small packet  | 2 small packets<br>OR 1 large packet |  |
|                           |                 |                                      |  |

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

| Per Serving     | Per 100g  |
|-----------------|---|
| 2223kJ (531Cal) | 526kJ (126Cal)  |
| 37.6g           | 8.9g  |
| 15.8g           | 3.7g  |
| 4.8g            | 1.1g  |
| 60.9g           | 14.4g   |
| 20g             | 4.7g  |
| 999mg           | 236mg   |
|                 | 2223kJ (531Cal)<br>37.6g<br>15.8g<br>4.8g<br>60.9g<br>20g |

#### **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.



Scan here if you have any questions or concerns

2023 | CW43





#### 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.



# 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.



#### 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.



## 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