



# Cheat's Lamb & Date Tagine

with Roasted Veggies, Couscous & Parsley Yoghurt

CUSTOMER FAVOURITE

EXPLORER

Grab your Meal Kit with this symbol



Carrot



Parsnip



Flaked Almonds



Onion



Garlic



Baby Spinach Leaves



Parsley



Lemon



Couscous



Lamb Mince



Tomato Paste



Chermoula Spice Blend



Diced Dried Dates



Beef-Style Stock Powder



Greek-Style Yoghurt



Beef Mince

Prep in: 30-40 mins  
Ready in: 35-45 mins

Take a little bit of chermoula spice, some flavoursome lamb mince, fluffy couscous and a smattering of diced dates for sweetness, and what have you got? Why, it's the perfect recipe for a delicious cheat's lamb tagine!

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

### Pantry items

Olive Oil

## 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

Oven tray lined with baking paper · Large frying pan ·

Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
parsnip	1	2
flaked almonds	1 packet	2 packets
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
baby spinach leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag
lemon	½	1
<b>water*</b> (for the couscous)	¾ cup	1½ cups
<b>salt*</b>	¼ tsp	½ tsp
couscous	1 packet	1 packet
lamb mince	1 packet	1 packet
tomato paste	1 packet	2 packets
chermoula spice blend	1 sachet	1 sachet
diced dried dates	½ packet	1 packet
beef-style stock powder	1 medium sachet	1 large sachet
<b>water*</b> (for the sauce)	¾ cup	1½ cups
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)	2805kJ (670Cal)	537kJ (128Cal)
Protein (g)	40.3g	7.7g
Fat, total (g)	21.2g	4.1g
- saturated (g)	5.4g	1g
Carbohydrate (g)	80.4g	15.4g
- sugars (g)	31.3g	6g
Sodium (mg)	1401mg	268mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3248kJ (776Cal)	622kJ (149Cal)
Protein (g)	43.4g	8.3g
Fat, total (g)	30.3g	5.8g
- saturated (g)	10.4g	2g
Carbohydrate (g)	80.4g	15.4g
- sugars (g)	31.3g	6g
Sodium (mg)	1381mg	mg

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://www.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

2023 | CW45



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## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **carrot** into half-moons. Cut **parsnip** into bite-sized chunks.
- Place **veggies** on a lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

4



## Cook the lamb

- While the couscous is cooking, return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **4-5 minutes**.
- Add **lamb mince** and cook, breaking it up with a spoon, until browned, **4-5 minutes**.
- Add **garlic**, **tomato paste**, **chermoula spice blend** and **diced dried dates** (see ingredients) and cook, stirring, until fragrant, **1-2 minutes**.

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

2



## Get prepped

- Meanwhile, heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.
- Finely chop **onion** and **garlic**. Roughly chop **baby spinach leaves** and **parsley**. Cut **lemon** into wedges.

5



## Simmer the sauce

- Reduce the heat to medium, then add **beef-style stock powder** and **water (for the sauce)**. Stir, then simmer until slightly thickened, **3-5 minutes**.
- Add a good squeeze of **lemon juice** and stir to combine. Season to taste.
- Meanwhile, combine **Greek-style yoghurt** and **parsley** in a small bowl. Season to taste.

**TIP:** Add a splash more water if the sauce is too thick!

3



## Cook the couscous

- In a medium saucepan, add **water (for the couscous)** and the **salt**. Bring to the boil, then add **couscous** and a drizzle of **olive oil**.
- Stir to combine, cover with a lid and remove from the heat. Set aside until all the water has absorbed, **5 minutes**.
- Fluff up with a fork, then stir through **baby spinach**.

6



## Serve up

- Divide spinach couscous between bowls. Top with lamb and date tagine, roasted veggies and parsley yoghurt.
- Sprinkle over toasted almonds. Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)