



Greek-Style Lamb & Spinach Couscous Bowl

with Caramelised Onion & Garlic Yoghurt

MEDITERRANEAN

Grab your Meal Kit with this symbol



Onion



Couscous



Chicken-Style Stock Powder



Flaked Almonds



Garlic



Cucumber



Baby Spinach Leaves



Tomato



Greek-Style Yoghurt



Lamb Mince



Garlic & Herb Seasoning



Tomato Paste



Dried Oregano



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart*
**Custom Recipe is not Calorie Smart*

Introduce your tastebuds to the incredible flavour of garlic and herb infused lamb; it really packs a punch. Sitting on a hearty bed of couscous and topped with Greek-style yoghurt, this dish offers a depth of flavour that's sure to knock your socks off.

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

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

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
onion	½	1
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
couscous	1 packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water* (for the couscous)	¾ cup	1½ cups
flaked almonds	1 packet	2 packets
garlic	3 cloves	6 cloves
cucumber	1 (medium)	1 (large)
baby spinach leaves	1 small bag	1 medium bag
tomato	1	2
Greek-style yoghurt	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
lamb mince	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
dried oregano	½ sachet	1 sachet
water* (for the sauce)	½ cup	¾ cup
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)	2378kJ (568Cal)	494kJ (118Cal)
Protein (g)	38.7g	8g
Fat, total (g)	19.6g	4.1g
- saturated (g)	5.4g	1.1g
Carbohydrate (g)	59.7g	12.4g
- sugars (g)	16g	3.3g
Sodium (mg)	1192mg	248mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2822kJ (674Cal)	587kJ (140Cal)
Protein (g)	41.8g	8.7g
Fat, total (g)	28.8g	6g
- saturated (g)	10.4g	2.2g
Carbohydrate (g)	59.7g	12.4g
- sugars (g)	16g	3.3g
Sodium (mg)	1173mg	244mg

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



Caramelize the onion

- Boil the kettle. Thinly slice **onion** (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Make the garlic yoghurt

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook half the **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste. Set aside.
- In a medium bowl, add **cucumber**, **tomato**, a pinch of **salt** and **pepper** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine.



Cook the couscous

- Place **couscous** and **chicken-style stock powder** in a medium heatproof bowl.
- 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.



Cook the lamb

- Return the 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**.
- Add **garlic & herb seasoning**, **tomato paste**, **dried oregano** (see ingredients) and remaining **garlic** and cook until fragrant, **1 minute**. Add the **water (for the sauce)** and simmer until slightly thickened, **1 minute**. Season to taste.

Custom Recipe: If you've swapped from lamb mince to beef mince, cook the beef mince in the same way as above.



Get prepped

- While the couscous is cooking, wipe out the frying pan and return to medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.
- Finely chop **garlic**. Roughly chop **cucumber** and **baby spinach leaves**. Thinly slice **tomato** into rounds.



Serve up

- Add the baby spinach to the couscous and toss to combine.
- Divide spinach couscous between bowls. Top with Greek-style lamb, cucumber salsa and caramelised onion.
- Drizzle over garlic yoghurt. Sprinkle with toasted almonds to serve. Enjoy!

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