



# Greek-Style Lamb & Leafy Couscous

with Caramelised Onion & Garlic Yoghurt

MEDITERRANEAN

Grab your Meal Kit with this symbol



Onion



Couscous



Chicken-Style Stock Powder



Flaked Almonds



Garlic



Cucumber



Baby 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
<b>olive oil*</b>	refer to method	refer to method
onion	½	1
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	¾ cup	1½ cups
flaked almonds	1 packet	2 packets
garlic	3 cloves	6 cloves
cucumber	1 (medium)	1 (large)
baby leaves	1 small packet	1 medium packet
tomato	1	2
Greek-style yoghurt	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
lamb mince	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
dried oregano	½ medium sachet	1 medium sachet
<b>water*</b>	½ cup	¾ cup
beef mince**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2373kJ (567Cal)	493kJ (118Cal)
Protein (g)	38.7g	8g
Fat, total (g)	19.9g	4.1g
- saturated (g)	5.6g	1.2g
Carbohydrate (g)	59.9g	12.5g
- sugars (g)	16.4g	3.4g
Sodium (mg)	1192mg	248mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2816kJ (673Cal)	585kJ (140Cal)
Protein (g)	41.8g	8.7g
Fat, total (g)	29g	6g
- saturated (g)	10.6g	2.2g
Carbohydrate (g)	59.9g	12.5g
- sugars (g)	16.4g	3.4g
Sodium (mg)	1173mg	244mg

The quantities provided above are averages only.

## Allergens

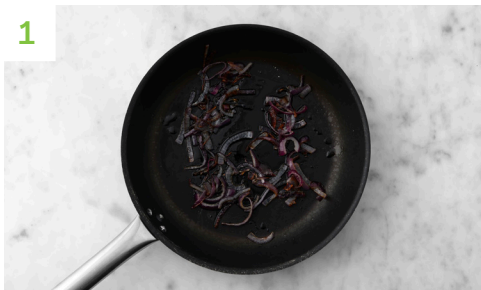
Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## 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.

4



## 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.

2



## 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.

5



## 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** and simmer until slightly thickened, **1 minute**. Season to taste.

3



## 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 leaves**. Thinly slice **tomato** into rounds.

6



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

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