



Greek-Style Lamb & Green Couscous

with Caramelised Onion & Mint Yoghurt

MEDITERRANEAN

Grab your Meal Kit with this symbol



Onion



Couscous



Chicken-Style Stock Powder



Flaked Almonds



Garlic



Mint



Cucumber



Baby Leaves



Tomato



Greek-Style Yoghurt



Lamb Mince



Garlic & Herb Seasoning



Tomato Paste



Dried Oregano



Pork Mince

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

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
water* (for onion)	2 tsp	4 tsp
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
flaked almonds	1 packet	2 packets
garlic	2 cloves	4 cloves
mint	1 packet	1 packet
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
white wine vinegar*	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
water* (for sauce)	½ cup	¾ cup
pork 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)	2337kJ (559Cal)	428kJ (102Cal)
Protein (g)	38.9g	7.1g
Fat, total (g)	18g	3.3g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	57.5g	10.5g
- sugars (g)	17.2g	3.2g
Sodium (mg)	1193mg	218mg
Dietary Fibre (g)	7.4g	1.4g

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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.



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 mint yoghurt

- In a second small bowl, add **Greek-style yoghurt** and **mint**, then 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

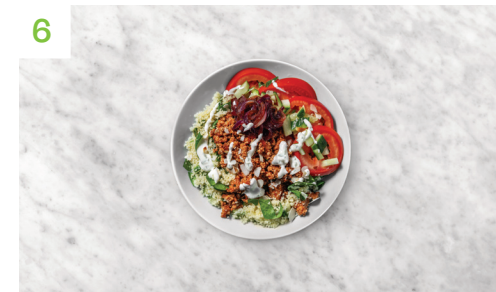
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **lamb mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **garlic & herb seasoning**, **tomato paste**, **dried oregano** (see **ingredient**) and **garlic** and cook until fragrant, **1 minute**.
- Add the **water** and simmer until slightly thickened, **1 minute**. Season to taste.

Custom Recipe: If you've swapped to pork mince, heat frying pan over high heat with a drizzle of olive oil. Cook pork mince, breaking up with a spoon, until just browned, 3-4 minutes.



Get prepped

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



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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