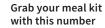


with Cherry Tomato Couscous Salad & Lemon Yoghurt

STREET FOOD













Cherry Tomatoes

Lemon





Shredded Cheddar Cheese



Chermoula Spice



Chicken-Style Stock Powder





Mini Flour Tortillas



Couscous



Rocket Leaves



Olive Oil, Egg, Honey, White Wine Vinegar



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 \cdot Two oven trays lined with baking paper \cdot Medium saucepan

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
lamb rump	1 medium packet	2 medium packets OR 1 large packet	
baby leaves	1 small packet	1 medium packet	
cherry tomatoes	1 medium packet	1 large packet	
lemon	1/2	1	
shredded Cheddar cheese	1 large packet	2 large packets	
egg*	1	2	
Greek-style yoghurt	1 medium packet	1 large packet	
chermoula spice blend	1 medium packet	1 large packet	
honey*	1 tsp	2 tsp	
pearl (Israeli) couscous	1 medium packet	2 medium packets	
water*	1½ cups	3 cups	
chicken-style stock powder	1 medium sachet	1 large sachet	
rocket leaves	1 small packet	1 medium packet	
white wine vinegar*	drizzle	drizzle	
mini flour tortillas	6	12	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4815kJ (1151Cal)	929kJ (222Cal)
Protein (g)	61.5g	11.9g
Fat, total (g)	55.4g	10.7g
- saturated (g)	29.1g	5.6g
Carbohydrate (g)	76.5g	14.8g
- sugars (g)	8.7g	1.7g
Sodium (mg)	2220mg	428mg
Dietary Fibre (g)	11.5g	2.2g

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

2024 | CW28



Sear the lamb

- Preheat oven to 220°C/200°C fan-forced. Lightly score lamb rump fat in a criss-cross pattern.
- Place lamb, fat-side down, in a large frying pan (no need for oil!). Place the pan over medium heat and cook, undisturbed, until golden, 10-12 minutes.
- Increase the heat to high and sear lamb rump on all sides for 30 seconds.

TIP: Starting the lamb in a cold pan helps the fat melt without burning.



Get prepped

- While the lamb is cooking, roughly chop baby leaves. Halve cherry tomatoes.
- Slice lemon into quarters.
- In a medium bowl, combine baby leaves, shredded Cheddar cheese, the egg and a pinch of salt. Set aside.
- In a small bowl, combine Greek-style yoghurt and a squeeze of lemon juice. Set aside.

TIP: The egg helps to bind the cheese and spinach together.



Roast the lamb

- Transfer the lamb, fat-side up, to a lined oven tray.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat. In a second small bowl, combine chermoula spice blend and a drizzle of olive oil. then season.
- Use the back of a spoon to spread the spice mixture over the lamb, then roast for 15-20 minutes for medium or until cooked to your liking.
- Remove lamb from the oven, glaze with the honey and cover with foil. Set aside to rest for 10 minutes.

TIP: The lamb will keep cooking as it rests!



Cook the couscous

- While the lamb is roasting, heat a medium saucepan with a drizzle of olive oil over medium-high heat.
- Toast pearl couscous, stirring, until golden,
 1-2 minutes.
- Add the water and bring to the boil, then cook, uncovered on medium-high heat, stirring occasionally until couscous is tender and the water is absorbed, 10-12 minutes.
- Allow the couscous to cool for 5 minutes, then add cherry tomatoes, chicken-style stock powder, rocket leaves and a drizzle of white wine vinegar. Stir to combine. Set aside.



Bake the gozleme

- Arrange half the mini flour tortillas on a second lined oven tray. Divide the cheesy baby leaf mixture between the tortillas. Top with the remaining tortillas and press down gently with a spatula.
- Brush or spray the tortillas with olive oil and season. Bake gozleme until cheese has melted slightly and tortillas are golden, 5-8 minutes.



Serve up

- · Slice chermoula lamb.
- · Slice gozleme into quarters.
- Divide chermoula lamb, cheesy greens gozleme and cherry tomato couscous salad between plates.
- Serve with lemon yoghurt. Enjoy!



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