

# Greek-Style Lamb & Green Couscous

with Caramelised Onion & Mint Yoghurt

MEDITERRANEAN

HELLOHERO

Grab your meal kit with this number

38



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



Lamb Mince



Grated Parmesan Cheese

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

Protein Rich

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.

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, 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

## 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
<b>water*</b> (for the onion)	2 tsp	4 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	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	½ large 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	1 medium sachet	1 large sachet
<b>water*</b> (for the sauce)	½ cup	¾ cup

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2568kJ (614cal)	462kJ (83cal)
Protein (g)	41.2g	7.4g
Fat, total (g)	22.6g	4.1g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	57.8g	10.4g
- sugars (g)	17.5g	3.1g
Sodium (mg)	1152mg	207.2mg
Dietary Fibre (g)	7g	1.3g

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

2025 | CW04



## 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 water (for the onion)** 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** (see ingredients) 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.



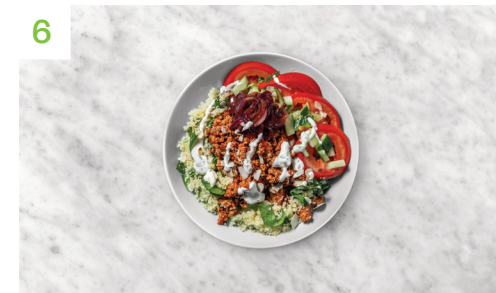
## Cook the lamb

- 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** and **garlic** and cook until fragrant, **1 minute**.
- Add the **water (for the sauce)** and simmer until slightly thickened, **1 minute**. Season to taste.



## 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.



## Finish & serve

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

### CUSTOM OPTIONS



#### DOUBLE LAMB MINCE

Follow method above, cooking in batches if necessary.



#### ADD GRATED PARMESAN CHEESE

Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

