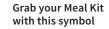
Easy Harissa Lamb & Chickpeas with Herby Couscous & Yoghurt





















Lamb Mince



Tomato Paste



Ras El



Harissa Paste

Hanout



Greek-Style Yoghurt

Pantry items

Olive Oil, Butter, Brown Sugar

Hands-on: 15-25 mins Ready in: 20-30 mins

Harissa, the chilli-based condiment originating from North Africa varies in heat from mild to firey. Our version is definitely on the mild side, with a gentle heat plus warming spices. It's the ideal sauce to complement lamb, and with hearty couscous plus a cooling yoghurt, this bowl is a burst of flavour in every bite!

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
couscous	1 medium packet	1 large packet
salt*	1/4 tsp	½ tsp
boiling water*	¾ cup	1½ cups
butter*	40g	80g
carrot	1	2
tomato	1	2
herbs	1 bag	1 bag
garlic	2 cloves	4 cloves
chickpeas	½ tin	1 tin
lamb mince	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
brown sugar*	½ tbs	1 tbs
ras el hanout	1 sachet	1 sachet
water*	½ cup	1 cup
harissa paste	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3500kJ (837Cal)	610kJ (146Cal)
Protein (g)	46g	8g
Fat, total (g)	37.6g	6.5g
- saturated (g)	16.6g	2.9g
Carbohydrate (g)	76.4g	13.3g
- sugars (g)	15.1g	2.6g
Sodium (mg)	1212mg	211mg

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.



Cook the couscous

- · Boil the kettle.
- In a medium heatproof bowl, add couscous and the salt. Add boiling water (3/4 cup for 2 people / 1 1/2 cups for 4 people) and 1/2 the butter and stir to combine. Immediately cover with a plate and leave for 5 minutes. Fluff up with a fork and set aside.
- Meanwhile, grate carrot. Roughly chop tomato and herbs. Finely chop garlic. Drain and rinse chickpeas (see ingredients).



Cook the lamb

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
 Cook carrot until starting to soften, 2-3 minutes.
- Add lamb mince and cook, breaking up with a spoon, until just browned,
 3-4 minutes.



Make the sauce

- Add chickpeas, garlic, tomato, tomato paste, the brown sugar and ras el hanout and cook, stirring, until fragrant, 1-2 minutes.
- Add the water and remaining butter. Stir to combine and simmer until slightly reduced, 1 minute.
- Add harissa paste and stir to combine. Season to taste.



Serve up

- · Add herbs to couscous and stir to combine.
- Divide herby couscous between bowls. Top with harissa lamb and chickpeas.
- · Serve with Greek-style yoghurt.

Enjoy!