



Mediterranean Lamb Couscous Bowl

with Salsa, Pickled Onion & Garlic Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Chicken-Style Stock Powder



Couscous



Flaked Almonds



Garlic



Cucumber



Baby Spinach Leaves



White Turnip



Greek-Style Yoghurt



Lamb Mince



Garlic & Herb Seasoning



Tomato Paste



Dried Oregano



Beef Mince

Hands-on: 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, Red Wine Vinegar (or White Wine Vinegar)

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

Medium saucepan with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|--|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| red onion | 1 (medium) | 1 (large) |
| red wine vinegar* (or white wine vinegar) | ¼ cup | ½ cup |
| water* (for the couscous) | ¾ cup | 1½ cups |
| chicken-style stock powder | 1 sachet (5g) | 1 sachet (10g) |
| couscous | 1 packet | 1 packet |
| flaked almonds | 1 packet | 2 packets |
| garlic | 3 cloves | 6 cloves |
| cucumber | 1 (medium) | 1 (large) |
| baby spinach leaves | 1 bag (30g) | 1 bag (60g) |
| white turnip | 1 | 2 |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| lamb mince | 1 packet | 1 packet |
| garlic & herb seasoning | 1 sachet | 1 sachet |
| tomato paste | 1 packet | 2 packets |
| dried oregano | ½ sachet | 1 sachet |
| water* (for the sauce) | ½ cup | ¾ cup |
| beef mince** | 1 small packet | 1 medium packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2358kJ (564Cal) | 472kJ (113Cal) |
| Protein (g) | 39.3g | 7.9g |
| Fat, total (g) | 19.6g | 3.9g |
| - saturated (g) | 5.4g | 1.1g |
| Carbohydrate (g) | 57.3g | 11.5g |
| - sugars (g) | 14.5g | 2.9g |
| Sodium (mg) | 1205mg | 241mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2623kJ (627Cal) | 525kJ (125Cal) |
| Protein (g) | 41.5g | 8.3g |
| Fat, total (g) | 22.6g | 4.5g |
| - saturated (g) | 8.7g | 1.7g |
| Carbohydrate (g) | 57.3g | 11.5g |
| - sugars (g) | 14.5g | 2.9g |
| Sodium (mg) | 1190mg | 238mg |

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit

[hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

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Pickle the onion

Thinly slice the **red onion**. In a small bowl, combine the **red wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the **pickling liquid** with just enough water to cover the **onion**. Stir to coat and set aside.



Make the garlic yoghurt

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook 1/2 **garlic** until fragrant, **1 minute**. Transfer the **garlic oil** to a small bowl, then add the **Greek-style yoghurt** and whisk to combine. Season to taste. Set aside. In a medium bowl, add the **cucumber**, **turnip**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Toss to combine.



Cook the couscous

In a medium saucepan, combine the **water (for the couscous)** and **chicken-style stock powder** and bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, then cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



Cook the lamb

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

CUSTOM RECIPE

If you've swapped your lamb mince for beef mince, cook the beef in the same way as above.



Get prepped

While the couscous is cooking, heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Finely chop the **garlic**. Roughly chop the **cucumber** and **baby spinach leaves**. Thinly slice the **white turnip**.



Serve up

Add the baby spinach to the couscous and toss to combine. Drain the pickled onion. Divide the couscous between bowls. Top with the Mediterranean lamb, salsa and pickled onion. Drizzle over the garlic yoghurt. Sprinkle over the toasted almonds to serve.

Enjoy!