



Ras El Hanout Lamb Meatballs

with Spinach Couscous & Flaked Almonds

Grab your Meal Kit with this symbol



Garlic



Mint



Brown Onion



Carrot



Baby Spinach Leaves



Lamb Mince



Ras El Hanout



Fine Breadcrumbs



Flaked Almonds



Tomato Paste



Crushed & Sieved Tomatoes



Vegetable Stock



Couscous



Greek Yoghurt

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Introduce your tastebuds to the incredible flavour of ras el hanout, a North African spice that really packs a punch. Sitting on a hearty bed of spinach-mint couscous and topped with Greek yoghurt, these lamb meatballs offer a depth of flavour that's sure to knock your socks off.

Pantry items

Olive Oil, Egg, Butter

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 too.

You will need

Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
mint	1 bunch	1 bunch
brown onion	½	1
carrot	2	4
baby spinach leaves	1 bag (30g)	1 bag (60g)
lamb mince	1 packet	1 packet
ras el hanout	1 sachet	2 sachets
egg*	1	2
fine breadcrumbs	1 packet	2 packets
salt*	¼ tsp	½ tsp
flaked almonds	1 packet	2 packets
tomato paste	1 tin	2 tins
crushed & sieved tomatoes	½ tin (200g)	1 tin (400g)
water* (for the sauce)	2 tbs	4 tbs
vegetable stock	1 sachet	1 sachet
butter*	20g	40g
water* (for the couscous)	¾ cup	1½ cups
couscous	1 packet	2 packets
Greek yoghurt	1 packet (100g)	2 packets (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3260kJ (779Cal)	464kJ (111Cal)
Protein (g)	52.4g	7.5g
Fat, total (g)	28.1g	4.0g
- saturated (g)	13.2g	1.9g
Carbohydrate (g)	72.5g	10.3g
- sugars (g)	21.3g	3.0g
Sodium (g)	1370mg	195mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **mint** leaves. Thinly slice the **brown onion** (see ingredients list). Grate the **carrot** (unpeeled). Roughly chop the **baby spinach leaves**.



4. Make the sauce

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and **carrot** and cook, stirring regularly, until softened, **4-5 minutes**. Add the **tomato paste** and the **remaining garlic** and cook until fragrant, **1 minute**. Add the **crushed & sieved tomatoes**, **water (for the sauce)** and **vegetable stock (1/2 sachet for 2 people / 1 sachet for 4 people)**. Bring to the boil, then reduce the heat to medium-low and simmer until thickened, **4-6 minutes**. Return the meatballs to the sauce and stir until coated. Stir through the **butter** until melted and season to taste with **salt** and **pepper**.



2. Make the meatballs

In a large bowl, combine the **lamb mince**, **ras el hanout**, **egg**, **fine breadcrumbs**, the **salt**, **1/2 the garlic**, **1/2 the mint** and a **pinch of pepper**. Using damp hands, shape a heaped spoonful of the **lamb mixture** into a meatball. Place on a plate and repeat with the **remaining mixture**. You should get about 6 meatballs per person.



5. Cook the couscous

While the sauce is simmering, add the **water (for the couscous)** and the **remaining vegetable stock (1/2 sachet for 2 people / 1 sachet for 4 people)** to a medium saucepan and bring to the boil. Add the **couscous** and a **drizzle of olive oil**. Stir to combine, cover with a lid and remove from the heat. Set until all the water is absorbed, **5 minutes**. Fluff up with a fork and stir through the chopped **baby spinach** and **remaining mint**.



3. Cook the meatballs

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a plate. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the meatballs and cook, turning regularly, until browned and cooked through, **8-10 minutes**. Transfer to a plate.



6. Serve up

Divide the spinach couscous and ras el hanout lamb meatballs between bowls and spoon over any remaining sauce from the pan. Serve with the **Greek yoghurt** and toasted almonds.

Enjoy!