



Ras El Hanout Lamb Meatballs

with Carrot Couscous & Mint

Grab your Meal Kit with this symbol



Garlic



Mint



Brown Onion



Courgette



Carrot



Baby Spinach Leaves



Lamb Mince



Ras El Hanout



Fine Breadcrumbs



Tomato Paste



Crushed & Sieved Tomatoes



Apricot Sauce



Vegetable Stock Powder



Couscous



Greek-Style 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 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.

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	1 (medium)	1 (large)
courgette	1	2
carrot	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
lamb mince	1 packet	1 packet
ras el hanout	1 sachet	1 sachet
egg*	1	2
fine breadcrumbs	1 packet	1 packet
salt*	¼ tsp	½ tsp
tomato paste	1 packet	2 packets
crushed & sieved tomatoes	½ tin (200g)	1 tin (400g)
apricot sauce	1 packet (30g)	2 packets (60g)
water* (for the sauce)	2 tbs	¼ cup
vegetable stock powder	1 sachet	1 sachet
butter*	40g	80g
water* (for the couscous)	¾ cup	1½ cups
couscous	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3385kJ (809Cal)	448kJ (107Cal)
Protein (g)	51.2g	6.8g
Fat, total (g)	34.1g	4.5g
- saturated (g)	16.7g	2.2g
Carbohydrate (g)	75.7g	10g
- sugars (g)	23.6g	3.1g
Sodium (mg)	1466mg	194mg

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.

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2021 | CW06



Get prepped

Finely chop the **garlic**. Pick and finely chop the **mint** leaves. Thinly slice the **brown onion**. Grate the **courgette** and **carrot** (unpeeled). Roughly chop the **baby spinach leaves**.



Make the sauce

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

TIP: If the sauce is too thick, add a little more water to loosen.



Make the meatballs

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



Cook the couscous

While the sauce is simmering, heat a medium saucepan over a medium-high heat with the remaining **butter** and a drizzle of **olive oil**. Cook the **carrot** until softened, **2 minutes**. Add the **water (for the couscous)** and the remaining **vegetable stock powder** 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 aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



Cook the meatballs

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **meatballs**, turning, until browned and cooked through, **8-10 minutes**. Transfer to a plate.



Serve up

Stir the baby spinach through the carrot couscous. Divide the couscous and ras el hanout lamb meatballs between bowls. Spoon over any remaining sauce from the pan. Serve with the **Greek-style yoghurt**. Garnish with the remaining mint.

Enjoy!