



Lamb Koftas in Harissa Sauce with Couscous and Baby Leaf Salad

Classic 30-35 Minutes • Mild Spice • 1 of your 5 a day

47



Garlic Clove



Onion



Breadcrumbs



Lamb Mince



Green Beans



Couscous



Chicken Stock Paste



Cider Vinegar



Tomato Puree



Harissa Paste



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Honey

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Garlic press, bowl, baking tray, frying pan, kettle, bowl and cling film.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Onion**	1	1½	2
Breadcrumbs 13)	10g	15g	20g
Lamb Mince**	200g	300g	400g
Green Beans**	80g	150g	200g
Couscous 13)	120g	180g	240g
Chicken Stock Paste	20g	30g	40g
Cider Vinegar 14)	15ml	22ml	30ml
Tomato Puree	30g	60g	60g
Harissa Paste 14)	50g	75g	100g
Baby Leaf Mix**	20g	50g	50g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	½ tsp	1 tsp	1 tsp
Water for the Breadcrumbs*	1 tsp	½ tsp	1 tsp
Boiled Water for the Couscous*	200ml	300ml	400ml
Water for the Sauce*	200ml	325ml	400ml
Honey*	1 tbsps	1½ tbsps	2 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	564g	100g
Energy (kJ/kcal)	2571/614	456/109
Fat (g)	23.4	4.1
Sat. Fat (g)	7.3	1.3
Carbohydrate (g)	68.5	12.1
Sugars (g)	17.9	3.2
Protein (g)	31.8	5.6
Salt (g)	4.25	0.75

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

13) Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press). Halve, peel and thinly slice the **onion**.

In a large bowl, combine the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts) along with **half** the **garlic**.



Couscous Time

Pop the **couscous** in a large bowl.

Pour in the **boiled water for the couscous** (see pantry for amount), stir in **half** the **chicken stock paste**, then cover tightly with cling film. Leave to the side for 10 mins or until ready to serve.

In a medium bowl, combine the **cider vinegar** with a drizzle of **oil** and pinch of **sugar** (if you have any). Set aside.

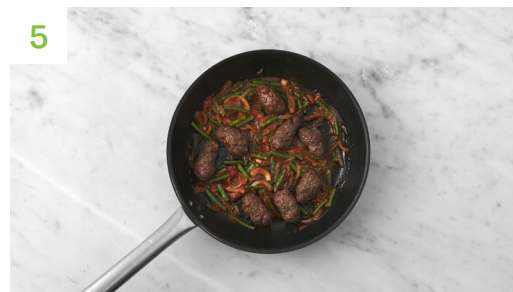


Make and Bake the Koftas

Add the **lamb mince** to the **breadcrumbs**, season with **pepper** and mix together with your hands.

Shape the **lamb mixture** into mini sausage shapes, 4 per person. Flatten to make **koftas**.

Pop them onto a large baking tray. When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. The koftas are cooked when no longer pink in the middle.*



Simmer your Harissa Sauce

Once the **onion** is golden, add a pinch of **sugar** (if you have any), **tomato puree**, **green beans** and the remaining **garlic** to the pan. Fry for 1 min more.

Stir through the **water for the sauce** (see pantry for amount) and remaining **chicken stock paste**. Simmer until the **beans** are tender and the **sauce** has thickened slightly, 4-5 mins.

Once thickened, stir through the **harissa** (add less if you'd prefer things milder) and **honey** (see pantry for amount). Remove from the heat.

Add the **baked koftas** to the **sauce** and turn to coat.

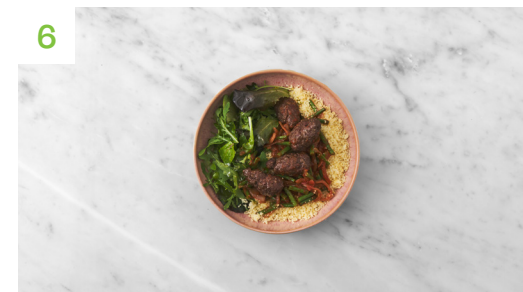


Get Frying

While the **koftas** bake, heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.

Meanwhile, boil a full kettle. Trim the **green beans** and cut into thirds.



Serve Up

When everything's ready, fluff up the **couscous**. Toss the **baby leaves** through the **cider vinegar dressing**.

Share the **couscous** between your bowls and top with the **koftas** and **harissa sauce**.

Serve the **baby leaf salad** alongside to finish.

Enjoy!