



Middle Eastern Style Lamb Stew

with Couscous, Roasted Carrots and Yoghurt

Rapid 20 Minutes • Mild Spice • 3 of your 5 a day

15



Carrot



Ground Cumin



Chicken Stock Paste



Couscous



Lamb Mince



Red Onion



Garlic Clove



Tomato Puree



Harissa Paste



Raisins



Low Fat Natural Yoghurt

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, lid, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Carrot**	2	3	4
Ground Cumin	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	15g	20g	30g
Couscous 13	120g	180g	240g
Lamb Mince**	200g	300g	400g
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Tomato Puree	30g	45g	60g
Harissa Paste	50g	75g	100g
Raisins	40g	80g	80g
Low Fat Natural Yoghurt** 7)	75g	120g	150g
Pantry	2P	3P	4P
Water for the Couscous*	240ml	360ml	480ml
Water for the Lamb*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	448g 2786/666	100g 621/149
Fat (g)	24.7	5.5
Sat. Fat (g)	7.8	1.7
Carbohydrate (g)	79.2	17.7
Sugars (g)	32.6	7.3
Protein (g)	33.1	7.4
Salt (g)	2.34	0.52

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

Allergens

7) Milk **13**) Cereals containing gluten

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, milk, egg, mustard, celery, soya, 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.

Contact

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Roast the Carrots

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Trim the **carrots**, then slice into 1cm thick rounds (no need to peel).
- Pop the **carrots** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then scatter over the **cumin**. Toss to coat, then spread out in a single layer.
- When the oven is hot, roast on the top shelf until soft and golden, 15-16 mins. Turn halfway through.



Finish the Prep

- While the **lamb** cooks, halve, peel and chop the **red onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).



Couscous Time

- Meanwhile, pour the **water for the couscous** (see pantry for amount) and **half the chicken stock paste** into a saucepan and bring to the boil.
- When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pan.
- Leave to the side for 8-10 mins or until ready to serve.



Simmer and Spice

- Lower the heat to medium and add the **onion** to the **lamb**. Cook until soft, 3-4 mins.
- Stir in the **garlic**, **tomato puree** and **harissa paste**. Cook for 1 min more.
- Add the **water for the lamb** (see pantry for amount), remaining **chicken stock paste** and the **raisins**. Stir and bring to a gentle simmer.
- Cook until the mixture has thickened, 5-7 mins.



Fry the Lamb

- While everything cooks, heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **lamb mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle



Season and Serve

- When everything's ready, carefully fluff up the **couscous** with a fork, then season with **salt** and **pepper**.
- Taste the **stew** and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.
- Divide the **couscous** between your bowls and spoon over the **lamb stew**.
- Top with the **roasted carrots** and a spoonful of **yoghurt**.

Enjoy!