



# Middle Eastern Style Lamb Stew

with Prunes, Couscous and Toasted Almonds

15

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



-  Chicken Stock Paste
-  Couscous
-  Lamb Mince
-  Prunes
-  Harissa Paste
-  Tomato Passata
-  Peas
-  Toasted Flaked Almonds

**Recipe Update**  
Due to quality issues with **baby spinach**, you'll instead receive **peas**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

**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

Saucepan, lid and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	20g	30g	40g
Couscous <b>13</b>	110g	180g	220g
Lamb Mince**	200g	300g	400g
Prunes	40g	60g	80g
Harissa Paste	50g	50g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Peas**	120g	180g	240g
Toasted Flaked Almonds <b>2</b>	15g	25g	30g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Couscous*	220ml	360ml	440ml
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	383g	100g
	2616 / 625	684 / 163
Fat (g)	27.6	7.2
Sat. Fat (g)	7.7	2.0
Carbohydrate (g)	60.0	15.7
Sugars (g)	15.1	4.0
Protein (g)	34.0	8.9
Salt (g)	2.95	0.77

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

## Allergens

**2) Nuts 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](http://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



### Cook the Couscous

**a)** Pour the **water for the couscous** (see pantry for amount) and **half the chicken stock paste** into a saucepan, then bring to the boil.

**b)** When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pan.

**c)** Leave to the side for 8-10 mins or until ready to serve.



### Fry the Lamb

**a)** Heat a large frying pan on medium-high heat (no oil).

**b)** Once hot, add the **lamb mince** and fry until browned, 5-6 mins.

**c)** Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



### Bring on the Flavour

**a)** Meanwhile, roughly chop the **prunes**.

**b)** Once the **lamb** is browned, add the remaining **chicken stock paste**, **harissa paste** (add less if you'd prefer things milder), **prunes**, **tomato passata** and **water for the sauce** (see pantry for amount) to the pan.

**c)** Bring to the boil and stir together.



### Simmer your Stew

**a)** Lower the heat to medium and simmer, stirring occasionally, until the **sauce** has thickened, 6-8 mins, stirring occasionally.



### Add the Peas

**a)** Once thickened, stir the **peas** into the sauce and cook until piping hot, 2-3 mins.



### Finish and Serve

**a)** When ready, fluff up the **couscous** with a fork.

**b)** Taste and season with **salt** and **pepper** if needed, then share between your bowls.

**c)** Top with the **lamb stew** and sprinkle over the **toasted almonds** to finish.

Enjoy!