Everything But The Chef

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WK15
2015

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Marrakesh Lamb with Jewelled Couscous

Biting into this dish is like taking a holiday to Morocco. Hot roasted lamb covered in Moroccan seasoning evokes the scents of a North African market place. Vibrant purples and oranges are flecked through a fragrant couscous jewelled with sweet currants, bright mint confetti and almonds.

Prep: 15 mins
Cook: 15 mins
Total: 30 mins

level 2

Butterflied Lamb

Moroccan Spice

Slivered Almonds

Yoghurt

Mint

Jewelled Couscous

Carrot

Red Onion

Chickpeas

Parsley

2P	4P	Ingredients	
2 tsp	4 tsp	HelloFresh Moroccan spice	
2 tbs	4 tbs	olive oil *	
400 g	800 g	butterflied lamb	
1 bag	2 bags	HelloFresh jewelled couscous	
150 ml	300 ml	boiling water *	
1	2	carrot, peeled & grated	
1/2	1	red onion, finely chopped	A
1 tin	2 tins	chickpeas, drained & rinsed	B
2 tbs	4 tbs	parsley, chopped	
1 tub	2 tubs	yoghurt	
1 tbs	2 tbs	mint, chopped	
50 g	100 g	slivered almonds	

May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	3880	Kj
Protein	78.8	g
Fat, total	26.2	g
-saturated	9.8	g
Carbohydrate	83.9	g
-sugars	11.8	g

Measuretool

0 cm 1 cm 2 cm

A

B

2

3

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Combine the **Moroccan spice** with **olive oil** and rub it onto the **lamb**. Heat a little oil in a pan over a medium-high heat and cook the lamb for **2-3 minutes** on each side, just to seal it. Transfer the lamb to a baking tray and place in the oven for **15 minutes** or until cooked to your liking. Allow it to rest while you make the salad.

3 Place the **HelloFresh jewelled couscous**, **water**, and **salt** and **pepper** in a bowl. Cover tightly with cling wrap and let it stand for about **10 minutes**. Fluff with a fork and transfer to a large bowl. Stir in **carrot**, **onion**, **chickpeas** and **parsley**.

4 Mix the **yoghurt** and **mint** together and season with salt and pepper. Set aside for later.

5 Thinly slice the lamb. Stir **almonds** into couscous. Divide among serving plates, top with the lamb and marinating juices, then dollop with the minted yoghurt, to serve.

Did you know? Almonds are technically seeds, not nuts! They are the seed of a flower and are related to orchids and roses.