



Everything  
But The Chef

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Wk23  
2015

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## Roast Lamb with Mediterranean Couscous

We've spoiled you this week with a beautiful mini roast lamb. Succulent and tender, this lamb has been paired with aromatic oregano, garden vegetables and pillowy pearl couscous, to warm you on a winter's night. Pour a glass of red and fire up the oven, this simple meal is sure to satisfy.



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



level 2



pantry  
items



Lamb Mini Roast



Pearl Couscous



Red Onion



Garlic



Zucchini



Tomato



Capsicum



Oregano



Fetta



Lemon

2P	4P	Ingredients
1 portion	2 portions	lamb mini roast
100 g	300 g	pearl couscous
1 tbs	2 tbs	olive oil *
1	2	red onion, diced
1	2	garlic clove, peeled & crushed
1	2	zucchini, diced
1	2	capsicum, diced
1	2	tomato, diced
1 tbs	2 tbs	oregano, leaves picked & chopped
1/3 cup	2/3 cup	white wine *
1/2 block	1 block	fetta, crumbled
1	2	lemon, sliced into wedges

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	3430	Kj
Protein	43	g
Fat, total	43.1	g
-saturated	17.5	g
Carbohydrate	54.8	g
-sugars	8.6	g
Sodium	396	mg

#### Measuretool

0 cm	1 cm	2 cm



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

**2** Season the **lamb mini roast** with **salt and pepper**. Heat an ovenproof frying pan over a medium-high heat. Add the lamb fat side down and sear on all sides, for a total of **3 minutes**. Transfer the pan to the oven and cook for **10 minutes**. Place the lamb on a plate, cover with foil and rest until you're ready to serve.



**3** Cook the **pearl couscous** in a saucepan of boiling water for **10 minutes** or until tender. Drain couscous and refresh under cold running water, then season with a splash of olive oil, salt and pepper.

**4** Meanwhile, add the **olive oil** to a saucepan over a medium-high heat and cook the **onion** for **5 minutes** or until it is slightly soft. Add the **garlic** and cook for a further **1 minute** or until fragrant. Add the **zucchini, capsicum, tomato, oregano**, and a big pinch of salt and pepper. Cook, stirring for **3-5 minutes** or until vegetables soften. Add the **wine** and bring to the boil. Cover, reduce heat and simmer for **10 minutes**, stirring occasionally. If the mixture gets too dry, add a little water. Remove from the heat and stir through the couscous and fetta.



**5** To serve, cut the lamb into 1 cm thick slices, and divide the vegetable couscous and lamb between plates. Serve with **lemon wedges**.



**Did you know?** When in bloom, the oregano plant has stunning purple flowers, which are also edible.