

# Harissa Lamb & Black Bean Couscous

with Yoghurt

NEW

Grab your Meal Kit with this symbol



**Recipe Update**

Unfortunately, this week's chickpeas were in short supply, so we've replaced them with black beans. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!



Couscous



Chicken-Style Stock Powder



Lamb Mince



Soffritto Mix



Black Beans



Garlic Paste



Tomato Paste



Ras El Hanout



Harissa Paste



Baby Spinach Leaves



Greek-Style Yoghurt



Beef Mince

Prep in: 15-25 mins  
Ready in: 15-25 mins

Harissa, the chilli-based condiment originating from North Africa varies in heat from mild to fiery. Our version is definitely on the mild side, with a gentle heat plus warming spices. It's the ideal sauce to complement lamb, and with hearty couscous plus a cooling yoghurt, this bowl is a burst of flavour in every bite!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

**Pantry items**

Olive Oil, Butter, Brown Sugar



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
couscous	1 packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	¾ cup	1½ cups
<b>butter*</b>	40g	80g
lamb mince	1 packet	1 packet
soffritto mix	1 packet (150g)	1 packet (300g)
black beans	½ tin	1 tin
garlic paste	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
<b>brown sugar*</b>	½ tbs	1 tbs
ras el hanout	1 sachet	1 sachet
<b>water*</b>	½ cup	1 cup
harissa paste	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
Greek-style yoghurt	1 medium packet	2 medium packets
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3417kJ (817Cal)	673kJ (161Cal)
Protein (g)	45.2g	8.9g
Fat, total (g)	36.6g	7.2g
- saturated (g)	16.6g	3.3g
Carbohydrate (g)	73.3g	14.4g
- sugars (g)	15.1g	3g
Sodium (mg)	1540mg	303mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3860kJ (923Cal)	760kJ (182Cal)
Protein (g)	48.3g	9.5g
Fat, total (g)	45.8g	9g
- saturated (g)	21.6g	4.3g
Carbohydrate (g)	73.3g	14.4g
- sugars (g)	15.1g	3g
Sodium (mg)	1520mg	299mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



2023 | CW48

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## Make the couscous

- Boil the kettle.
- In a medium heatproof bowl, add **couscous** and **chicken-style stock powder**. Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and half the **butter** and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.

3



## Make the sauce

- Add **black beans**, **garlic paste**, **tomato paste**, the **brown sugar** and **ras el hanout** and cook, stirring, until fragrant, **1-2 minutes**.
- Add the **water** and remaining **butter**. Stir to combine and simmer until slightly reduced, **1 minute**.
- Add **harissa paste** and **baby spinach leaves** and stir to combine. Season to taste.

2



## Cook the lamb

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **lamb mince** and **soffritto mix**, breaking up mince with a spoon, until just browned, **4-5 minutes**.
- Meanwhile, drain and rinse **black beans** (see ingredients).

**Custom Recipe:** If you swapped lamb mince with beef mince, cook beef as above.

4



## Serve up

- Divide couscous between bowls. Top with harissa lamb and black beans.
- Dollop with **Greek-style yoghurt** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)