

Harissa Lamb & Chickpeas

with Herby Couscous & Yoghurt

Grab your Meal Kit with this symbol



Couscous



Carrot



Tomato



Parsley



Garlic



Chickpeas



Lamb Mince



Tomato Paste



Ras El Hanout



Harissa Paste



Greek-Style Yoghurt

 Hands-on: **15-25 mins**
Ready in: **20-30 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!

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
couscous	1 packet	1 packet
salt*	¼ tsp	½ tsp
boiling water*	¾ cup	1½ cups
butter*	40g	80g
carrot	1	2
tomato	1	2
parsley	1 bag	1 bag
garlic	2 cloves	4 cloves
chickpeas	½ tin	1 tin
lamb mince	1 packet	1 packet
tomato paste	1 packet	2 packets
brown sugar*	½ tbs	1 tbs
ras el hanout	1 sachet	1 sachet
water*	½ cup	1 cup
harissa paste	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3517kJ (841Cal)	613kJ (147Cal)
Protein (g)	46g	8g
Fat, total (g)	37.5g	6.5g
- saturated (g)	16.5g	2.9g
Carbohydrate (g)	78.2g	13.6g
- sugars (g)	16.7g	2.9g
Sodium (mg)	1218mg	212mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the couscous & get prepped

- Boil the kettle.
- In a medium heatproof bowl, add **couscous** and the **salt**. Add **boiling water** (¾ cup for 2 people / 1 1/2 cups for 4 people) and 1/2 the **butter** and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.
- Meanwhile, grate **carrot**. Roughly chop **tomato** and **parsley** leaves. Finely chop **garlic**. Drain and rinse **chickpeas** (see ingredients).



Make it saucy

- Add **chickpeas, garlic, tomato, tomato paste, 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 stir to combine. Season to taste.



Cook the veggies & lamb

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **carrot** until starting to soften, **2-3 minutes**.
- Add **lamb mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**.



Serve up

- Add parsley to couscous and stir to combine.
- Divide herby couscous between bowls. Top with harissa lamb and chickpeas.
- Serve with **Greek-style yoghurt**.

Enjoy!