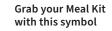


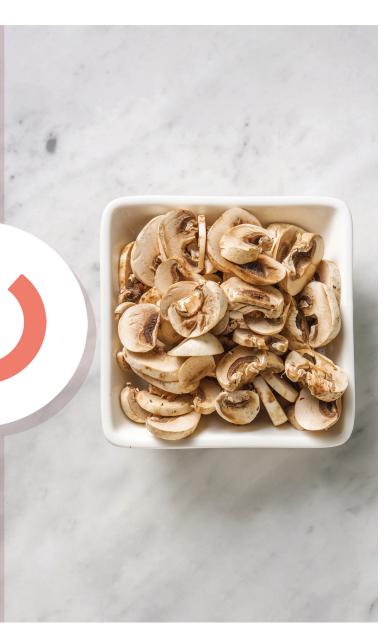
# Harissa Lamb & Chickpeas

with Herby Couscous, Mushrooms & Yoghurt



















Button Mushrooms





Chickpeas



Lamb Mince



Tomato Paste



Ras El



Hanout



Yoghurt



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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
couscous	1 packet	1 packet
salt*	1/4 tsp	½ tsp
boiling water*	¾ cup	1½ cups
butter*	40g	80g
carrot	1	2
button mushrooms	1 packet	1 packet
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)	3559kJ (851Cal)	570kJ (136Cal)
Protein (g)	48.5g	7.8g
Fat, total (g)	38g	6.1g
- saturated (g)	16.5g	2.6g
Carbohydrate (g)	76.7g	12.3g
- sugars (g)	15.4g	2.5g
Sodium (mg)	1220mg	195mg

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 (3/4 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. Thinly slice the button mushrooms. Roughly chop the parsley leaves. Finely chop garlic. Drain and rinse chickpeas (see ingredients).



## Make it saucy

- Add chickpeas, garlic, 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 and mushrooms 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!