

# Harissa Lamb & Chickpeas

with Herby Couscous, Mushrooms & Yoghurt

Grab your Meal Kit with this symbol



Couscous



Carrot



Button Mushrooms



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
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](https://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**. 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!