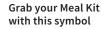


# Greek-Style Lamb & Wholemeal Couscous Salad

with Fetta-Yoghurt

NEW











Lamb Rump

Mediterranean Seasoning



Cucumber



Chicken-Style Stock Powder

Tomato



Wholemeal Couscous



Fetta Cubes





Yoghurt





Prep in: 10-20 mins Ready in: 45-55 mins



Dig into our mouth-watering lamb rump, coated in an unforgettable spice blend. Sitting on a hearty bed of couscous packed with colourful veggies and topped with Greek-style yoghurt, this dish is a flavourful and satisfying combination!

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

### **Pantry items**

Olive Oil, Butter, White Wine VInegar

### 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 · Oven tray lined with baking paper · Medium saucepan with a lid

### Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 medium packet	2 medium packets OR 1 large packet
Mediterranean seasoning	1 sachet	2 sachets
cucumber	1	2
tomato	1	2
garlic	2 cloves	4 cloves
butter*	10g	20g
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
wholemeal couscous	1 packet	2 packets
baby spinach leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
lamb rump**	1 medium packet	2 medium packets OR 1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1330kJ (318Cal)	518kJ (124Cal)
Protein (g)	13.5g	5.3g
Fat, total (g)	10.7g	4.2g
- saturated (g)	6.1g	2.4g
Carbohydrate (g)	38g	14.8g
- sugars (g)	8.5g	3.3g
Sodium (mg)	1564mg	609mg
Dietary Fibre (g)	9.8g	2.3g
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#### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3178kJ (759Cal)	<b>524kJ</b> (125Cal)
Protein (g)	90g	14.8g
Fat, total (g)	25.6g	4.2g
- saturated (g)	10.9g	1.8g
Carbohydrate (g)	38.2g	6.3g
- sugars (g)	8.7g	1.4g
Sodium (mg)	1792mg	295mg

The quantities provided above are averages only.

## Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Sear the lamb rump

- Preheat oven to 220°C/200°C fan-forced. Lightly score lamb rump fat in a 1cm criss-cross pattern. Place lamb, fat-side down, in a large frying pan.
- Place pan over medium heat and cook undisturbed until golden, 10-12 minutes.
- Increase heat to high and sear **lamb rump** on all sides for **30 seconds**.
- Meanwhile, in a small bowl, combine Mediterranean seasoning and a drizzle of olive oil.

**TIP:** Starting the lamb in a cold pan helps the fat melt without burning.

Custom Recipe: If you've doubled your lamb rump, prepare and cook lamb as above. Cook in batches for the best results.



### Cook the wholemeal couscous

- While lamb is resting, roughly chop cucumber and tomato.
- Finely chop garlic.
- In a medium saucepan, heat the butter with a drizzle of olive oil over medium-high heat. Cook garlic until fragrant, 1 minute.
- Add the water and chicken-style stock powder and bring to boil. Add wholemeal couscous. Stir to combine, cover with a lid and remove from heat. Set aside all the water is absorbed, 6 minutes. Fluff up with fork and set aside uncovered.



### Roast the lamb rump

- Transfer lamb rump, fat-side up, to a lined oven tray. Spread spice mixture all over lamb using the back of a spoon.
- Roast for 15-20 minutes for medium or until cooked to your liking.
- · Remove from oven and rest for 10 minutes.

**TIP:** The meat will keep cooking as it rests!

**Custom Recipe:** Spread lamb over two lined oven trays if your tray is getting crowded.



# Serve up

- To saucepan with couscous, add cucumber, tomato, baby spinach leaves and a drizzle of white wine vinegar. Toss to combine and season.
- To a small bowl, add Greek-style yoghurt and crumble in fetta cubes. Stir to combine.
- Slice lamb. Divide wholemeal couscous salad between bowls. Top with Mediterranean roast lamb rump and fetta-yoghurt. Enjoy!

