



Greek-Style Lamb & Wholemeal Couscous Salad

with Fetta-Yoghurt

NEW

Grab your Meal Kit with this symbol



Lamb Rump



Mediterranean Seasoning



Cucumber



Tomato



Garlic



Chicken-Style Stock Powder



Wholemeal Couscous



Baby Spinach Leaves



Greek-Style Yoghurt



Fetta Cubes



Lamb Rump

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

Carb Smart*
**Custom recipe is not Carb Smart*

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

| | 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 2 medium packets |
| lamb rump** | 1 medium packet | OR 1 large packet |

*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 |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3178kJ (759Cal) | 524kJ (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.

1



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.

3



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.

2



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.

4



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!

We're here to help!

Scan here if you have any questions or concerns

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