



# Chermoula Roast Lamb & Tomato Salad

with Red Pesto Pearl Couscous & Fetta

ADAPT FOR KIDS

NEW

Grab your Meal Kit with this symbol



Lamb Rump



Chermoula Spice Blend



Pearl Couscous



Vegetable Stock Powder



Red Pesto



Snacking Tomatoes



Mixed Salad Leaves



Fetta Cubes



Lamb Rump

Prep in: 15-25 mins  
Ready in: 40-50 mins

Forget boring, bland salads! This dish is a textural treat featuring tender lamb rump teamed with chewy pearl couscous, vibrant veggies and a scattering of creamy fetta. Prepare for a mouthful of show-stopping flavour thanks to our complex and aromatic chermoula spice blend.

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

### Pantry items

Olive Oil, Honey, Butter, Vinegar (White Wine or Balsamic)

## 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
<b>olive oil*</b>	refer to method	refer to method
<b>lamb rump</b>	1 medium packet	1 large packet
<b>chermoula spice blend</b>	1 medium sachet	1 large sachet
<b>honey*</b>	1 tsp	2 tsp
<b>pearl couscous</b>	1 medium packet	2 medium packets
<b>boiling water*</b>	1¾ cups	3½ cups
<b>vegetable stock powder</b>	1 medium sachet	1 large sachet
<b>butter*</b>	20g	40g
<b>red pesto</b>	1 medium packet	2 medium packets
<b>snacking tomatoes</b>	1 medium packet	2 medium packets
<b>mixed salad leaves</b>	1 medium packet	1 large packet
<b>vinegar* (white wine or balsamic)</b>	drizzle	drizzle
<b>fetta cubes</b>	1 medium packet	1 large packet
<b>lamb rump**</b>	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2619kJ (626Cal)	636kJ (152Cal)
Protein (g)	51g	12.4g
Fat, total (g)	20.3g	4.9g
- saturated (g)	9.9g	2.4g
Carbohydrate (g)	57.5g	14g
- sugars (g)	6.5g	1.6g
Sodium (mg)	1404mg	341mg
Dietary Fibre (g)	5.1g	1.2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3543kJ (847Cal)	604kJ (144Cal)
Protein (g)	89.3g	15.2g
Fat, total (g)	27.7g	4.7g
- saturated (g)	12.3g	2.1g
Carbohydrate (g)	57.6g	9.8g
- sugars (g)	6.5g	1.1g
Sodium (mg)	1518mg	259mg
Dietary Fibre (g)	5.1g	0.9g

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](https://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

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Lightly score **lamb rump** fat in a 1cm criss-cross pattern. Season **lamb** all over and place, 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.

**Custom Recipe:** If you've doubled your lamb rump, prepare lamb as above.

3



## Cook the couscous

- While the lamb is searing, boil the kettle.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Add the **boiling water** (1¾ cups for 2 people / 3½ cups for 4 people) and **vegetable stock powder**. Bring to the boil, then cook uncovered over medium-high heat, stirring occasionally until tender and the water is absorbed, **10-12 minutes**.
- Stir through **red pesto** and half the **butter**. Cover to keep warm.

**ADAPT FOR KIDS:** Keep some couscous mild! Before adding red pesto, transfer the kids' portion to a bowl. Leave out the pesto and stir through half the butter.

2



## Roast the lamb

- Transfer, fat-side up, to a lined oven tray. In a small bowl, combine **chermoula spice blend** and a drizzle of **olive oil**.
- Use the back of a spoon to spread **spice mixture** over the **lamb**. Roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove from oven, drizzle over the **honey**, and rest for **10 minutes**.

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

4



## Serve up

- While the lamb is resting, halve **snacking tomatoes**.
- In a large bowl, combine snacking tomatoes, **mixed salad leaves** and a drizzle of **vinegar** and olive oil. Season to taste.
- Slice lamb. Divide red pesto pearl couscous, chermoula roast lamb and tomato salad between bowls.
- Crumble over **fetta cheese** to serve. Enjoy!

**ADAPT FOR KIDS:** Serve kids' portion with some chermoula roast lamb, plain pearl couscous and tomato salad.

We're here to help!

Scan here if you have any questions or concerns

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