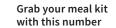


Chermoula Lamb Meatballs & Veg Couscous

with Tomato Salsa & Garlic Yoghurt

NEW













Garlic Paste





Chermoula Spice Blend





Fine Breadcrumbs

Baby Spinach







Flaked Almonds





Prep in: 20-30 mins Ready in: 25-35 mins



Protein Rich

Get a bowlful that's brimming with colour and flavour. With a fluffy carrot and spinach-speckled couscous as the base for sweet and earthy spiced lamb meatballs and a refreshing tomato salsa, all the elements come together for a flavour sensation!

Pantry items

Olive Oil, Butter, Egg, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 saucepan with a lid · Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1/2	1
tomato	1	2
butter*	20g	40g
garlic paste	1 packet	2 packets
water*	¾ cup	1½ cups
salt*	1/4 tsp	½ tsp
couscous	1 medium packet	1 large packet
lamb mince	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
egg*	1	2
fine breadcrumbs	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
garlic sauce	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3119kJ (746cal)	379kJ (91cal)
Protein (g)	40.9g	5g
Fat, total (g)	39.1g	4.8g
- saturated (g)	14.6g	1.8g
Carbohydrate (g)	56.2g	6.8g
- sugars (g)	10.7g	1.3g
Sodium (mg)	1432mg	174.2mg
Dietary Fibre (g)	6.8g	0.8g

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.



Get prepped and cook the couscous

- Grate carrot (see ingredients).
- Roughly chop tomato. Set aside.
- In a large saucepan, melt the butter with a drizzle of olive oil over medium-high heat. Cook carrot, stirring, until softened, 2-3 minutes.
- Add garlic paste and cook until fragrant, 1 minute.
- Add the water and salt, then bring to the boil.
- Add couscous, stirring to combine. Cover with a lid, then remove from heat.
 Set aside until water is absorbed. 5 minutes.



Finish the sides

- Fluff up **couscous** with a fork, then stir through **baby spinach leaves**.
- In a medium bowl, combine garlic sauce and Greek-style yoghurt. Season to taste with salt and pepper.
- In a small bowl, combine **tomato** and a drizzle of **white wine vinegar** and **olive oil**. Season, then toss to coat.



Cook the meatballs

- While the couscous is cooking, in a large bowl, combine lamb mince, chermoula spice blend, the egg, fine breadcrumbs and a pinch of salt and pepper.
- Using damp hands, roll heaped spoonfuls of the mixture into small meatballs (4-5 per person). Transfer to a plate.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook meatballs, turning, until browned and cooked through, 8-10 minutes.



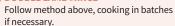
Serve up

- Divide veg couscous between bowls.
- Top with chermoula lamb meatballs, tomato salsa and a dollop of garlic yoghurt.
- Sprinkle with **flaked almonds** to serve. Enjoy!











If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

