



# Chermoula Lamb Meatballs & Veg Couscous

with Tomato Salsa & Garlic Yoghurt

NEW

Grab your meal kit with this number

39



Carrot



Tomato



Garlic Paste



Couscous



Lamb Mince



Chermoula Spice Blend



Fine Breadcrumbs



Baby Spinach Leaves



Garlic Sauce



Greek-Style Yoghurt



Flaked Almonds



Lamb Mince



Beef Mince

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	½	1
tomato	1	2
<b>butter*</b>	20g	40g
garlic paste	1 packet	2 packets
<b>water*</b>	¾ cup	1½ cups
<b>salt*</b>	¼ 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
<b>egg*</b>	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
<b>white wine vinegar*</b>	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



## 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**. Set aside.
- 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!

### CUSTOM OPTIONS



#### DOUBLE LAMB MINCE

Follow method above, cooking in batches if necessary.



#### SWAP TO BEEF MINCE

Follow method above.

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

