

Chermoula Lamb & Pearl Couscous Toss

with Brown Butter Cauliflower & Capers

Grab your Meal Kit with this symbol



Cauliflower



Parsley



Chermoula Spice Blend



Pearl Couscous



Currants



Lemon



Baby Spinach Leaves



Lamb Rump



Greek-Style Yoghurt



Capers

Prep in: **25-35 mins**
Ready in: **40-50 mins**

This gourmet meal is a feast for the senses. Follow our simple steps to get a golden coating on your tender lamb roast. Then, create an assortment of sides to really elevate the dish: Roasted cauliflower and chewy pearl couscous, spiked with sweet currants, savoury, salty capers and a drizzling of browned butter - plus a herb-laced yoghurt for a lovely cooling condiment.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 packet	2 packets
cauliflower	1 large portion	2 large portions
parsley	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
salt*	½ tsp	1 tsp
pearl couscous	1 medium packet	1 large packet
water*	1 ¼ cups	2 ½ cups
currants	1 medium packet	1 large packet
lemon	½	1
baby spinach leaves	1 small bag	1 medium bag
butter*	30g	60g
capers	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3398kJ (812Cal)	570kJ (136Cal)
Protein (g)	58.7g	9.8g
Fat, total (g)	34g	5.7g
- saturated (g)	15.3g	2.6g
Carbohydrate (g)	66.9g	11.2g
- sugars (g)	15.3g	2.6g
Sodium (mg)	1390mg	233mg

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.

Fancy a drop?

We recommend pairing this meal with Pinot Noir or Nebbiolo

1



Start the lamb

- 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. Heat pan over medium heat and cook **lamb**, undisturbed, until golden, **10-12 minutes**.
- Increase heat to high, then sear **lamb** on all sides for **30 seconds**.

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

4



Make the couscous

- While the lamb is roasting, wash and dry frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Add the **water**, **currants** and a pinch of **salt**. Bring to the boil, then reduce heat to medium and simmer, stirring occasionally, until couscous is tender and water is absorbed, **10-12 minutes**.
- Transfer to a large bowl.

2



Roast the cauliflower

- While the lamb is in the pan, cut **cauliflower** into small florets.
- Place **cauliflower** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, finely chop **parsley**.
- In a small bowl, combine **Greek-style yoghurt** and 1/2 the **parsley**. Season to taste. Set aside.

5



Finish up

- While the couscous is cooking, zest **lemon** to get a pinch. Roughly chop **baby spinach leaves**.
- Wipe out frying pan, then return to medium-high heat with the **butter**. Cook **butter** until melted and browned slightly, **2-3 minutes**.
- Add roasted **cauliflower**, the **capers**, **lemon zest** and remaining **parsley** to the frying pan. Toss to coat, then remove from heat.
- To bowl with the **couscous**, add **cauliflower mixture**, **baby spinach** and a squeeze of **lemon juice**. Toss to coat. Season to taste.

3



Roast the lamb

- In a medium bowl, combine **chermoula spice blend**, the **salt** and a generous drizzle of **olive oil**. Add seared **lamb** to the bowl, turning to coat.
- Transfer **lamb**, fat-side up, to a second lined oven tray. Roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove from oven. Cover with foil and set aside to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!

6



Serve up

- Slice the chermoula lamb.
- Divide pearl couscous toss with brown butter cauliflower and capers between plates. Top with lamb, pouring over any resting juices.
- Dollop over parsley yoghurt. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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