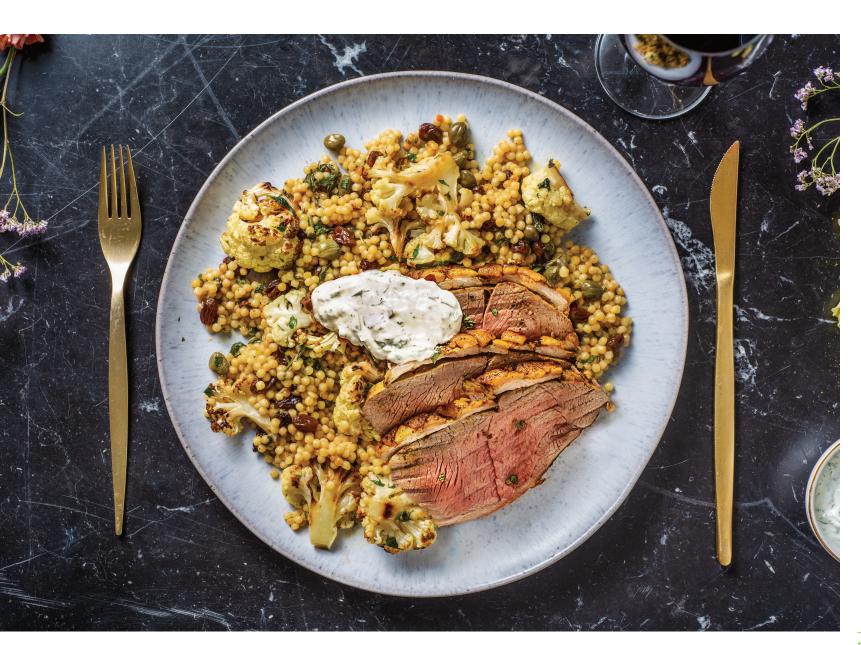


# Chermoula Lamb & Pearl Couscous Toss

with Brown Butter Cauliflower & Capers

Grab your Meal Kit with this symbol











Chermoula Spice



**Pearl Couscous** 

Blend





Currants







Baby Spinach



Yoghurt



Lamb Rump

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
pearl couscous water*		
	1 medium packet	1 large packet
water*	1 medium packet 1 ¼ cups	1 large packet 2 ½ cups
water* currants	1 medium packet 1 ¼ cups 1 medium packet	1 large packet 2 ½ cups 1 large packet
water* currants lemon baby spinach	1 medium packet 1 ¼ cups 1 medium packet ½	1 large packet 2 ½ cups 1 large packet 1
water* currants lemon baby spinach leaves	1 medium packet 1 ¼ cups 1 medium packet ½ 1 small bag	1 large packet 2 ½ cups 1 large packet 1 1 medium bag

<sup>\*</sup>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.

## Fancu a drop?

We recommend pairing this meal with Pinot Noir or Nebbiolo



#### Start the lamb

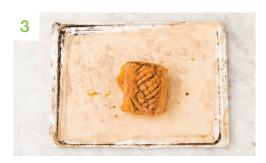
- Preheat oven to 220°C/200°C fan-forced.
- Lightly score lamb rump fat in a 1cm criss-cross
- Place **lamb**, fat-side down, in a large frying pan. Heat pan over medium heat and cook lamb, undisturbed, until golden, 10-12 minutes.
- Increase heat to high, then sear **lamb** on all sides for 30 seconds.

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



## 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.



## 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!



## 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.



## 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 iuice. Toss to coat. Season to taste.



## 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!



