



Chargrilled Lamb & Veggie Israeli Couscous

with Dukkah Flatbreads & Mint Yoghurt

Grab your Meal Kit with this symbol



Garlic



Israeli Couscous



Currants



Chicken-Style Stock Powder



Courgette



Cherry Tomatoes



Lemon



Mint



Roasted Almonds



Flat Breads



Dukkah



Lamb Shortloin



Rocket Leaves



Greek-Style Yoghurt

Hands-on: **20-30 mins**
Ready in: **35-45 mins**

This lamb shortloin is best cooked under the lid of a smokey barbecue. Paired with a veggie packed Israeli couscous, a fresh mint yoghurt, some dukkah-crusted flatbreads and charred lemon, this feast screams deluxe backyard dining from every angle. No barbie? No worries. Just follow our tips for cooking on the stove or in the oven!

Pantry items

Olive Oil

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

BBQ · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
Israeli couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
currants	1 packet	2 packets
chicken-style stock powder	1 sachet	1 sachet
courgette	1	2
cherry tomatoes	1 punnet	1 punnet
lemon	1	2
mint	1 bunch	1 bunch
roasted almonds	1 packet	2 packet
flatbreads	2	4
dukkah	1 sachet	1 sachet
lamb shortloin	1 packet	1 packet
rocket leaves	1 bag (30g)	1 bag (60g)
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3710kJ (886Cal)	571kJ (136Cal)
Protein (g)	56.8g	8.7g
Fat, total (g)	31.3g	4.8g
- saturated (g)	5.5g	0.8g
Carbohydrate (g)	93.6g	14.4g
- sugars (g)	16.4g	2.5g
Sodium (mg)	1359mg	209mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

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Cook the Israeli couscous

Preheat the BBQ to a high heat. Finely chop the **garlic**. In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Add the **Israeli couscous** and **garlic** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **water**, **currants** and **chicken-style stock powder**. Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water has been absorbed, **10-12 minutes**.



Cook the courgette

While the lamb is resting, grill the **courgette** until charred and tender, **3-5 minutes** each side. Meanwhile, add the **flatbreads** to the BBQ flatplate and cook until golden and warmed through, **2-4 minutes** each side. Transfer to the plate with the **lemon**.

No BBQ? Return the frying pan to a medium-high heat with a drizzle of olive oil. Cook the courgette until tender, 3-5 minutes each side. Transfer to a plate. Return the frying pan to a medium-high heat. Add the flatbreads and cook until golden and warmed through, 2-4 minutes each side.



Get prepped

While the couscous is cooking, thinly slice the **courgette** into strips lengthways. Halve the **cherry tomatoes** and **lemon**. Thinly slice the **mint**. Roughly chop the **roasted almonds**. In a medium bowl, combine the **courgette** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Toss to combine and set aside. Place the **flatbreads** on a plate, then drizzle (or brush) both sides with **olive oil**. Sprinkle with 1/2 the **dukkah** and toss to coat. On a second plate, combine the **lamb shortloin**, the remaining **dukkah** and a drizzle of **olive oil**. Season with **salt** and **pepper**.



Bring it all together

Add the **cherry tomatoes**, grilled **courgette**, **rocket leaves** and a squeeze of the charred **lemon juice** to the **couscous**. Toss to combine and season to taste. In a small bowl, combine the **mint** (reserve a pinch for garnish!) and **Greek-style yoghurt**. Season to taste.



Cook the lamb & lemon

When the BBQ is hot, grill the **lamb** for **5-8 minutes** on each side for medium-rare or cooked to your liking. Transfer to a plate, cover with foil and rest for **5 minutes**. Meanwhile, grill the **lemon**, cut side down, until charred, **4-6 minutes**. Transfer to a plate.

No BBQ? Heat a large frying pan over a high heat with a drizzle of olive oil. Cook the lamb for 5-6 minutes, each side, or until cooked to your liking. Cut the lemon into wedges and serve fresh.



Serve up

Slice the chargrilled lamb. Bring everything to the table to serve. Help yourself to the veggie Israeli couscous, lamb, mint yoghurt, dukkah flatbreads and charred lemon. Garnish with the almonds and reserved mint.

Enjoy!