



Cheat's Lamb & Date Tagine

with Roasted Veggies, Couscous & Mint Yoghurt

Grab your Meal Kit
with this symbol



	Carrot
	Parsnip
	Brown Onion
	Garlic
	Baby Spinach Leaves
	Lemon
	Mint
	Couscous
	Lamb Mince
	Tomato Paste
	Chermoula Spice Blend
	Diced Dried Dates
	Beef-Style Stock Powder
	Greek-Style Yoghurt

Hands-on: 30-40 mins
Ready in: 35-45 mins

Take a little bit of chermoula spice, some flavoursome lamb mince, fluffy couscous and a smattering of diced dates for sweetness, and what have you got? Why, it's the perfect recipe for a delicious cheat's lamb tagine!

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

Oven tray lined with baking paper · Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
flaked almonds	1 sachet	2 sachets
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
mint	1 bag	1 bag
water* (for the couscous)	¾ cup	1½ cups
salt*	¼ tsp	½ tsp
couscous	1 packet	1 packet
lamb mince	1 packet	1 packet
tomato paste	1 packet	2 packets
chermoula spice blend	1 sachet	1 sachet
diced dried dates	½ packet	1 packet
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
water* (for the sauce)	¾ cup	1 ½ cup
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2833kJ (677Cal)	532kJ (127Cal)
Protein (g)	40.3g	7.6g
Fat, total (g)	21.1g	4g
- saturated (g)	5.3g	1g
Carbohydrate (g)	82.4g	15.5g
- sugars (g)	31.9g	6g
Sodium (mg)	1412mg	265mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Slice the **carrot** into half-moons. Cut the **parsnip** into bite-sized chunks. Place the **veggies** on a lined oven tray, then drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



Get prepped

While the veggies are roasting, heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Finely chop the **brown onion** and **garlic**. Roughly chop the **baby spinach leaves**. Cut the **lemon** into wedges. Pick and thinly slice the **mint** leaves.



Cook the couscous

In a medium saucepan, add the **water (for the couscous)** and the **salt**. Bring to the boil, then add the **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water has absorbed, **5 minutes**. Fluff up with a fork, then stir through the **baby spinach**.



Cook the lamb

While the couscous is cooking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **4-5 minutes**. Add the **lamb mince** and cook, breaking it up with a spoon, until browned, **4-5 minutes**. Add the **garlic**, **tomato paste**, **chermoula spice blend** and **diced dried dates** (see ingredients) and cook, stirring, until fragrant, **1-2 minutes**.



Simmer the sauce

Reduce the frying pan to a medium heat, then add the **beef-style stock powder** and **water (for the sauce)**. Stir, then simmer until slightly thickened, **3-5 minutes**. Add a good squeeze of **lemon juice** and stir to combine. Season to taste. In a small bowl, combine the **Greek-style yoghurt** and **mint**, then season.



Serve up

Divide the couscous between bowls. Top with the cheat's lamb and date tagine, roasted veggies and the mint yoghurt. Sprinkle over the toasted almonds. Serve with any remaining lemon wedges.

Enjoy!