



Middle Eastern Style Lamb & Apricot Stew with Couscous and Toasted Almonds

Rapid 20 Minutes • Mild Spice • 2 of your 5 a day

15



-  Moroccan Medley Couscous
-  Flaked Almonds
-  Lamb Mince
-  Dried Apricots
-  Chicken Stock Paste
-  Harissa Paste
-  Tomato Passata
-  Baby Spinach

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, bowl, cling film and frying pan.

Ingredients

| | 2P | 3P | 4P |
|--------------------------------------|----------|------------|-----------|
| Moroccan Medley Couscous 13) | 200g | 300g | 400g |
| Water for the Couscous* | 320ml | 480ml | 640ml |
| Flaked Almonds 2) | 15g | 25g | 40g |
| Lamb Mince** | 200g | 300g | 400g |
| Dried Apricots 14) | 40g | 60g | 80g |
| Chicken Stock Paste | 10g | 15g | 20g |
| Harissa Paste | 1 sachet | 1 sachet | 2 sachets |
| Tomato Passata | 1 carton | 1½ cartons | 2 cartons |
| Water for the Sauce* | 100ml | 150ml | 200ml |
| Baby Spinach** | 100g | 200g | 200g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 458g | 100g |
| Energy (kJ/kcal) | 2417 /578 | 528 /126 |
| Fat (g) | 28 | 6 |
| Sat. Fat (g) | 8 | 2 |
| Carbohydrate (g) | 49 | 11 |
| Sugars (g) | 19 | 4 |
| Protein (g) | 31 | 7 |
| Salt (g) | 2.64 | 0.58 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 13) Cereals containing Gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Couscous

- Fill and boil your kettle. Put the **couscous** in a bowl.
- Pour the **boiling water for the couscous** (see ingredients for amount) into the bowl and cover tightly with cling film.
- Leave to the side for 10 mins or until ready to serve.



Add the Flavour

- Meanwhile, roughly chop the **apricots**.
- Add the **chicken stock paste, harissa paste** (add less if you don't like heat), **apricots, tomato passata** and **water for the sauce** (see ingredients for amount) to the **lamb**.
- Bring to the boil and stir together.



Toast the Almonds

- Meanwhile, heat a large frying pan on medium heat (no oil).
- Once hot, add the **flaked almonds** and dry-fry, stirring frequently, until lightly toasted, 3-4 mins. **TIP:** Watch them like a hawk as they can burn easily.
- Transfer the **toasted almonds** to a small bowl and set aside.



Simmer the Stew

- Lower the heat to medium and simmer until the **sauce** has thickened, 6-8 mins, stirring occasionally. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Once thickened, stir the **spinach** into the **stew** a handful at a time until wilted and piping hot, 1-2 mins.



Fry the Lamb

- Pop the (now empty) frying pan on medium-high heat and add the **lamb mince** (no oil).
- Cook until browned, 4-5 mins.
- Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Serve

- When ready, fluff up the **couscous** with a fork.
- Taste and season with **salt** and **pepper** if necessary.
- Share the **couscous** between your plates, then top with the **stew** and a sprinkling of **toasted almonds**.

Enjoy!