



# Spiced Lamb Shortloin & Parsley Yoghurt

with Brown Butter Cauliflower & Israeli Couscous

Grab your Meal Kit with this symbol



Cauliflower



Parsley



Greek-Style Yoghurt



Souk Market Spice Blend



Lamb Shortloin



Israeli Couscous



Currants



Lemon



Baby Spinach Leaves



Capers

Hands-on: **25-35 mins**  
Ready in: **40-50 mins**

Calorie Smart

This gourmet meal is a true 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 to the next level. Cauliflower and Israeli couscous get upgraded with a drizzle of browned butter and yoghurt gets mixed with parsley for a cooling side. Dining at home has never been this good!

## 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

Oven tray lined with baking paper · Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
parsley	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet
Souk Market spice blend	1 sachet	1 sachet
salt*	½ tsp	1 tsp
lamb shortloin	1 packet	1 packet
Israeli couscous	1 packet	2 packets
currants	1 packet	1 packet
lemon	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
butter*	30g	60g
capers	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2707kJ (647Cal)	504kJ (120Cal)
Protein (g)	46.4g	8.6g
Fat, total (g)	27.1g	5g
- saturated (g)	12.2g	2.3g
Carbohydrate (g)	53.9g	10g
- sugars (g)	15g	2.8g
Sodium (mg)	1466mg	273mg

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://hellofresh.co.nz/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.



## Roast the cauliflower

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Place the **cauliflower** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.



## Bring it all together

While the couscous is cooking, zest the **lemon** to get a pinch, then slice into wedges. Roughly chop the **baby spinach leaves**. When the couscous is done, return the empty saucepan to a medium-high heat. Cook the **butter** until melted and browned slightly, **1-2 minutes**. Return the **currant couscous** to the saucepan, then add the **roasted cauliflower**, the **capers**, **lemon zest**, **baby spinach**, remaining **parsley** and a squeeze of **lemon juice**. Gently toss to coat. Season to taste. Set aside.



## Get prepped

While the cauliflower is roasting, finely chop the **parsley** leaves. In a small bowl, combine the **Greek-style yoghurt** and 1/2 the **parsley**. Season and set aside. In a medium bowl, combine the **Souk Market spice blend**, the **salt** and a generous drizzle of **olive oil**. Pat the **lamb shortloin** dry with paper towel, then add to the **spice mixture**. Turn to coat and set aside.



## Cook the lamb

Heat a large frying pan over a high heat, then add **lamb** and cook for **3-4 minutes** each side for medium or until cooked to your liking. Set aside to rest for **4 minutes**.



## Cook the couscous

Boil the kettle. In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat. Toast the **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**. Half-fill the saucepan with **boiling water**, then add the **currants** and a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**. Drain the **currant couscous** and set aside.



## Serve up

Slice the spiced lamb. Divide the brown butter cauliflower Israeli couscous between plates. Top with the lamb. Pour over any lamb resting juices and top with the parsley yoghurt to serve.

## Enjoy!