



Greek-Inspired Lamb Bowl

with Savoury Couscous and Feta

25 Minutes



Ground Lamb



Couscous



Baby Tomatoes



Sweet Bell Pepper



Feta Cheese



Vegetable Broth Concentrate



Lemon-Pepper Seasoning



Shallot



Red Wine Vinegar

HELLO PICKLED SHALLOTS

Pickled Shallots add a perky punch to this hearty bowl.

Start here

Before starting, wash and dry all produce.

Bust Out

Medium bowl, measuring spoons, strainer, medium pot, large bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Couscous	½ cup	1 cup
Baby Tomatoes	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Feta Cheese	¼ cup	½ cup
Vegetable Broth Concentrate	1	2
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Shallot	50 g	100 g
Red Wine Vinegar	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Core, then cut **pepper** into ½-inch pieces. Halve **tomatoes**. Peel, then thinly slice **shallot**.



Pickle shallots

Add **shallots**, **vinegar**, **1 tbsp water** and **½ tsp sugar** (dbl both for 4 ppl) to a medium pot. Season with **salt**. Bring to a simmer over medium-high heat. Cook, stirring occasionally, until **sugar** dissolves, 1-2 min. Remove pot from heat. Transfer **veggies**, including **liquid**, to a medium bowl. Set aside in the fridge to cool. Carefully wipe pot clean.



Cook couscous

Combine **broth concentrate**, **¾ cup water** and **1 tbsp butter** (dbl both for 4 ppl) in the same pot. Cover and bring to a boil over high heat. Once boiling, remove pot from heat, then add the **couscous**. Stir together. Cover and let stand for 5 min.



Cook lamb

Heat a large non-stick pan over medium-high heat. When hot, add **lamb**. Cook, breaking up **lamb** into smaller pieces, until no pink remains, 4-5 min.** Carefully remove and discard **excess fat**, if desired. Add **half the Lemon-Pepper Seasoning**, then season with **salt** and **pepper**. Remove pan from heat and cover to keep warm.



Season veggies

Add **tomatoes**, **peppers**, **remaining Lemon-Pepper Seasoning**, **1 tbsp pickling liquid** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Season with **salt** and **pepper**, then toss to combine.



Finish and serve

Drain the **pickled shallots** and discard **remaining pickling liquid**. Fluff **couscous** with a fork and season with **salt**. Divide **couscous** between bowls. Top **couscous** with **lamb**, **veggies** and **pickled shallots**. Sprinkle **feta** over top.

Dinner Solved!