



SPEEDY SPICED LAMB TAGINE

with Chickpeas and Prunes



HELLO PRUNES

Prunes are dried plums and help digestion!



Ground Cumin



Chicken Stock Powder



Onion



Chickpeas



Couscous



Lamb Mince



Pitted Prunes



Coriander



Carrot



Lemon



Chermoula



Finely Chopped Tomatoes with Garlic & Onion

MEAL BAG

20 mins

3 of your 5 a day

Little heat

Rapid recipe

Tagines can take all day. They can also take 20 minutes and right now, we're loving our speedy version. We've used lamb mince to cut down cooking time and combined it with onions, sticky prunes, chickpeas and carrot. Seasoned with chermoula and cumin and served traditionally with couscous and scattered with fresh coriander, this is quick cooking done properly.

GET **PREPARED!**

Fill and Boil your **Kettle**

BEFORE YOU START

🔥 Fill and Boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**), **Sieve, Large Frying Pan, Coarse Grater** and **Fine Grater**. Let's start cooking the **Spiced Lamb Tagine with Chickpeas and Prunes**.



1 COOK THE COUSCOUS

- Pour the boiling **water** for the couscous (see ingredients for amount) into a large saucepan with **half** the **ground cumin** and **half** the **stock powder**. Bring back to the boil.
- Halve, peel and thinly slice the **onion**. Drain and rinse the **chickpeas** in a sieve. Stir the **couscous** into the boiling **stock**, pop a lid on the pan and remove from the heat. Leave to the side for 8-10 mins, or until ready to serve.



4 ADD SOME FLAVOUR

- Stir the **chermoula spice blend** and the remaining **ground cumin** into the frying pan.
- Add the **chickpeas** and the **carrot**. Cook for 1 minute.



2 BROWN THE LAMB

- Heat a splash of **oil** in a large frying pan over high heat.
- Pop the **onions** and **lamb mince** into the hot pan. Break up the **lamb** with a wooden spoon.
- Fry, stirring occasionally, until the **lamb** is slightly brown and the **onion** is starting to soften, 3-4 mins



5 SIMMER THE TAGINE

- Add the **chopped tomatoes**, the remaining **stock powder**, **sugar** (see ingredients for amount), **prunes** and **water** for the tagine (see ingredients for amount) to the pan.
- Bring to the boil. Stir to dissolve the **stock powder**. Reduce the heat and simmer for 5 mins. 🚫 **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



3 PREP TIME

- Roughly chop the **prunes**.
- Roughly chop the **coriander** (stalks and all).
- Trim and coarsely grate the **carrot** (no need to peel).
- Zest the **lemon** and cut in half.



6 FINISH UP

- Fluff up the **couscous** with a fork. Stir in the **lemon zest**. Season with **salt**, **pepper** and **half** the **coriander**.
- Taste the **tagine** and season with **salt** and **pepper** if needed. Serve the **couscous** in bowls with the **lamb tagine** spooned on top. Finish with the remaining **coriander** and a squeeze of **lemon juice**.

Enjoy!

2-4 PEOPLE INGREDIENTS

	2P	3P	4P
Water for the Couscous*	300ml	450ml	600ml
Ground Cumin	1 small pot	¾ large pot	1 large pot
Chicken Stock Powder	1 sachets	1½ sachets	2 sachets
Onion *	1	2	2
Chickpeas	1	1½	2
Couscous 13)	carton	cartons	cartons
Lamb Mince *	150g	225g	300g
Pitted Prunes *	200g	300g	400g
Coriander *	1 bag	2 bags	2 bags
Carrot *	1 bunch	1 bunch	1 bunch
Lemon *	1	1½	2
Chermoula	1 small pot	1 large pot	1 large pot
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Tagine*	150ml	200ml	300ml

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 704G	PER 100G
Energy (kJ/kcal)	3155/ 754	448/ 107
Fat (g)	20	3
Sat. Fat (g)	6	1
Carbohydrate (g)	96	14
Sugars (g)	27	4
Protein (g)	41	6
Salt (g)	3.46	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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