

One Pot Lamb and Zucchini Couscous

hellóchef

This one's as quick as is it easy and delicious. Ready in 20 minutes and packed with Greek flavours!

Cals 884 • Prot 52 • Carbs 93 • Fat 29

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🕒 cook: 20 min

R2688



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Couscous	2 ppl	3 ppl	4 ppl	
Lean lamb mince	350	525	700	Grams
Water	300	450	600	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Small zucchini	2	3	4	Piece
Red onion	1	2	2	Piece
Garlic cloves	3	5	6	Piece
Sun dried tomatoes	60	90	120	Grams
Dried oregano	2	2	4	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Couscous 10*, 11*	150	225	300	Grams
Garnishes				
Feta cheese 4*	50	75	100	Grams
Fresh mint	10	10	10	Grams
Lemon	1	1	2	Piece
Olive oil	2	3	4	Tbsp

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3963 / 884
Fat (g)	28.9
of which saturates (g)	17.6
Carbohydrate (g)	93
of which sugars (g)	16.9
Fiber (g)	12.7
Protein (g)	51.9
Salt (g)	5.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Boil the **measured water** and dissolve the **stock cube** in it. Chop the **zucchini** into small, bite-sized pieces. Peel and finely chop the **onion**. Peel and mince the **garlic**. Finely chop the **sun dried tomatoes**.



2 Fry lamb

Heat a non-stick pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **lamb mince, zucchini** and **onion** with a pinch of **salt** and cook for 5-6 min or until the **lamb** is browned.



3 Add couscous

Once the **onion** has softened, add the **garlic** and **oregano** and cook for 1 min further. Add the **couscous, sun dried tomatoes** and **stock** to the pan and bring to a boil. Once boiling, turn off the heat and cover with a lid immediately. Set aside for 5 min until all the liquid has absorbed and the **couscous** is soft.



4 Prep garnishes

Meanwhile, crumble the **feta**. Pick the **mint** leaves from the stem and chop them finely.



5 Serve

Once ready, squeeze half the **lemon** juice into the cooked **couscous** and drizzle with a very generous lug of **olive oil**. Give everything a good mix up. Garnish with the chopped **mint** and crumbled **feta**.