

# DINNERLY



## Lamb Meatballs with Couscous and Yoghurt

 30-40 minutes  2 Servings

These banging lamb meatballs will get you through any hump day. Spiked with chermoula seasoning, served with velvety couscous and drizzled with creamy yoghurt, they are a complete treat.

#### WHAT WE SEND

- 150g couscous<sup>1</sup>
- 100g Greek-style yoghurt<sup>7</sup>
- 5g chermoula spice blend<sup>17</sup>
- 70g rocket leaves
- lamb mince
- 2 carrots

#### WHAT YOU NEED

- boiling water
- olive oil
- salt and pepper
- water
- white wine vinegar<sup>17</sup>

#### TOOLS

- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

#### ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

#### NUTRITION PER SERVING

Energy 640kcal, Fat 20.7g, Carbs 66.9g, Proteins 41.0g



#### 1. Prep meatballs

Finely chop or crush **1 garlic clove**. Put the garlic, **mince** and **chermoula spice blend** in a bowl and season with **salt and pepper**. Using clean hands, combine well, then shape into 1 tbs-sized balls.



#### 2. Make couscous

Put the **couscous** and a **pinch of salt** in a heatproof bowl. Pour over **150ml boiling water**, cover with a plate or plastic wrap and stand for 5 mins or until tender. Fluff the grains with a fork.



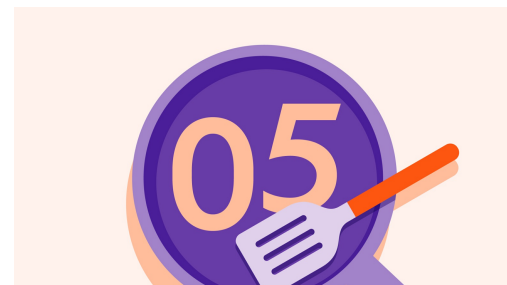
#### 3. Cook meatballs

Heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the **meatballs**, turning, for 5 mins or until browned. Add **60ml (¼ cup) water** to the pan and cook for a further 3-4 mins until the meatballs are cooked through and the liquid has reduced.



#### 4. Make salad

Meanwhile, peel and coarsely grate the **carrots**. Put the **rocket**, **2 tsp olive oil** and **2 tsp white wine vinegar** in a large bowl, season with **salt and pepper** and toss to combine.



#### 5. Serve up

Add the **carrot** to the meatballs, season with **salt and pepper**, and cook, stirring, for 3-4 mins until softened. Remove the pan from the heat. Divide the **couscous**, **meatball and carrot mixture** and **rocket salad** among plates. Dollop with the **yoghurt** to serve.



#### 6. Make it yours

Add delicious crunch by toasting and chopping some almonds, then stirring through the couscous.