

# DINNERLY



## Lamb Meatballs with Couscous and Yoghurt

 30-40 minutes  4 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 Greek-style yoghurt <sup>7</sup>
- 4 carrots
- 140g rocket leaves
- 300g couscous <sup>1</sup>
- 10g chermoula spice blend <sup>17</sup>
- lamb mince

## WHAT YOU NEED

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

## TOOLS

- large 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 615kcal, Fat 19.5g, Carbs 64.7g, Proteins 39.6g



### 1. Prep meatballs

Finely chop or crush **2 garlic cloves**. 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 **250ml (1 cup) 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 **1 tbs olive oil** in a large frypan over medium heat. Cook the **meatballs**, turning, for 5 mins or until browned. Add **80ml (1/3 cup) water** to the pan and cook for a further 3-4 mins until the meatballs are cooked through and the liquid has reduced.



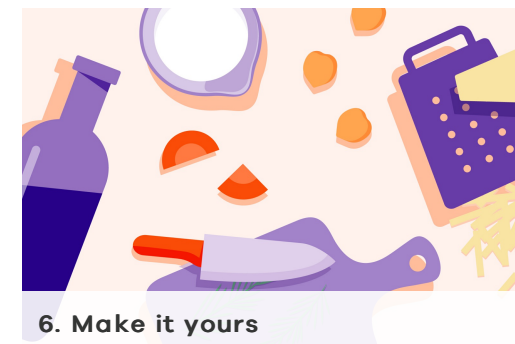
### 4. Make salad

Meanwhile, peel and coarsely grate the **carrots**. Put the **rocket**, **1 tbs olive oil** and **1 tbs 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.