



# Greek-Inspired Lamb Bowls

with Savoury Couscous and Feta

Discovery Special

Quick

25 Minutes



Ground Lamb



Couscous



Baby Tomatoes



Sweet Bell Pepper



Feta Cheese,  
crumbled



Vegetable Broth  
Concentrate



Lemon-Pepper  
Seasoning



Mini Cucumber



Red Wine Vinegar



Greek Yogurt



Garlic, cloves

## HELLO FETA CHEESE

*A salty, briny cheese with a crumbly texture!*

## Start here

Before starting, wash and dry all produce.

### Garlic Guide for Step 3 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Extra: ½ tsp

### Bust out

Medium bowl, measuring spoons, strainer, box grater, small pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

### 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, crumbled	¼ cup	½ cup
Vegetable Broth Concentrate	1	2
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Mini Cucumber	66 g	132 g
Red Wine Vinegar	1 tbsp	2 tbsp
Greek Yogurt	100 ml	200 ml
Garlic, cloves	2	4
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¾ tsp	1 ½ tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

### Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

### Contact

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### 1 Prep

- Core, then cut **pepper** into ½-inch pieces.
- Halve **tomatoes**.
- Grate **cucumber** directly into a small bowl. Season with **salt**, then stir to combine.
- Peel, then mince or grate **garlic**.



### 4 Cook couscous

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



### 2 Marinate veggies

- Add **peppers, tomatoes, 2 tsp vinegar, ½ tsp sugar, 1 tbsp oil** (dbl all for 4 ppl) and **half the Lemon-Pepper Seasoning** to a medium bowl.
- Season with **salt**, then toss to combine.



### 5 Cook lamb

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



### 3 Make DIY tzatziki

- Transfer **grated cucumber** to paper towels. Pat dry. Discard any remaining liquid.
- Add **yogurt, remaining vinegar, ¼ tsp sugar** (dbl for 4 ppl) and **¼ tsp garlic** to the same bowl. (**NOTE:** Reference garlic guide.) Season with **pepper**, then whisk until smooth.
- Stir in **drained cucumber**.



### 6 Finish and serve

- Fluff **couscous** with a fork and season with **salt**.
- Divide **couscous** between bowls. Top with **lamb, marinated veggies** and **any remaining marinade** from the bowl.
- Sprinkle **feta** over top.

## Dinner Solved!