

 4 servings

 5 mins prep

 10 mins cooking





15 Minute Moroccan Lamb on Cous Cous

INGREDIENTS

¾ cup chicken stock
¾ cup cous cous
2 tomatoes, roughly chopped
1 red onion, diced
400g can chick peas, drained
½ cup coriander leaves, roughly chopped
½ bunch english spinach, shredded
2 tsp lemon rind, grated
1 tbsp extra virgin olive oil
2 tbsp moroccan seasoning mix
2 tbsp coriander leaves, finely chopped
2 x 200g lamb backstraps
1 ½ tbsp extra virgin olive oil
1 cup plain greek yoghurt
1 tbsp lemon juice
1 tbsp fresh mint, finely chopped

DIRECTIONS

1. Place ¾ cup chicken stock in a saucepan over high heat, bring to the boil. Remove from heat, add ¾ cup cous cous. Cover and set aside
2. Place moroccan spice and fresh coriander on board and mix together. Drizzle lamb with oil and roll spice mix to coat
3. Heat oil in fry pan over high heat. Add lamb and cook for 1 ½ mins, 20 secs on each end. Transfer to plate and cover with foil
4. Fluff cous cous with fork. Place tomatoes, onion, chickpeas, coriander, spinach and lemon rind to bowl. Add cous cous, toss and drizzle with oil
5. Make Minted yoghurt: Combine yoghurt, lemon juice and mint in a bowl. Season with salt and pepper
6. Slice lamb. Place couscous on a serving plate. Top with lamb and drizzle with any resting juices. Sprinkle with extra coriander and serve with yoghurt and lemon wedges

NOTES