

MOROCCAN LAMB TAGINE WITH COUSCOUS AND SWEET POTATOES CRISPS

INGREDIENTS

Makes 6 portions

60ml oil
200g onion, chopped
2 garlic cloves, chopped
800g cubed stewing lamb
pinch saffron
1tsp ground ginger
500ml stock
150g ready to eat apricots, quartered
150g ready to eat prunes, quartered
1tsp ground cinnamon
60ml honey
seasoning

Sweet Potato Crisp

INGREDIENTS

$\frac{1}{4}$ small sweet potato
 $\frac{1}{2}$ tbsp olive oil

METHOD

01. Heat oven to 200C/180C fan/gas 6.
02. Slice the sweet potato thinly.
03. Toss with the olive oil and roast for 15-20 minutes until crisp.
04. Leave to cool.

METHOD

01. Fry the lamb in the oil until brown and add the onion and garlic.
02. Add the saffron and ginger and stock. Simmer until almost tender.
03. Add the diced fruits, honey and cinnamon.
04. Cook for a further 30 minutes skimming regularly to remove surface grease.
05. Garnish with chopped coriander and serve with hot cous cous salad.



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MORRCAN COUSCOUS SALAD

INGREDIENTS

1 large red bell pepper, cored and diced	Salt
1 medium carrots, halved through length and sliced fairly thin	150g couscous
1 small red onion, diced into 1-inch chunks	300ml chicken stock
1 medium zucchini, halved through the length and sliced	1/4 tsp turmeric
2 tbsp olive oil, divided	20g raisins
1 tbsp fresh lemon juice	200g chickpeas, drained and rinsed
1 tsp minced garlic (1 clove)	10g almonds, toasted
½ tsp ground cumin	1 Tbsp minced fresh coriander
½ tsp ground coriander	1Tbsp minced fresh mint
¼ tsp ground cinnamon	

METHOD

01. Place carrots, onions and zucchini in a frying pan.
02. Drizzle with 1 tbsp olive oil and season with salt and toss to evenly coat. Roast in a pre-heated oven for about 15 minutes until tender, tossing once halfway through roasting.
03. While vegetables are roasting, in a small mixing bowl whisk together remaining 1 tbsp olive oil, lemon juice, garlic, cumin, coriander, cinnamon and season with 1/8 tsp salt, set aside.
04. Bring chicken stock, 1/4 tsp salt and turmeric to a boil. Place couscous and raisins in a large mixing bowl, pour hot chicken stock couscous and stir, cover bowl with plastic wrap and let rest for 5 minutes.
05. Add roasted vegetables, chickpeas, almonds, coriander, mint and lemon mixture to couscous and toss to evenly coat (while seasoning with a little more salt to taste as desired). Serve warm.