



QUICK LAMB TAGINE

WITH PEARL COUSCOUS

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 45 minutes

This is the easy weeknight version of lamb tagine. It's prepared on the stovetop and ready in under an hour. Pearl couscous, toasted almonds and a generous dollop of yoghurt make the perfect accompaniments.



TAGINE

- 500g lamb leg steaks (1lb 2oz)
- 2 carrots
- 1 red onion
- 1/2 Tbsp olive oil
- 2 tsp Moroccan seasoning
- 1 tsp garlic powder
- 2 Tbsp tomato paste
- 400g can diced tomatoes (14oz)
- 1 lamb stock cube dissolved in 1 cup boiling water (250ml)
- 400g can chickpeas in spring water, drained (14oz)

- 1-2 Tbsp honey
- 60g baby spinach (2.1oz)

TO SERVE

- 1 Tbsp olive oil
- 200g pearl couscous (7oz)
- 1 lamb stock cube dissolved in 1 3/4 cups boiling water (440ml)
- 3 Tbsp sliced almonds
- 1/3 cup plain, unsweetened yoghurt (80ml)

1. PREPARE INGREDIENTS

Dice lamb into 2cm / 0.8in cubes, discarding any excess fat. Season with salt and pepper. Slice carrots into half rounds. Cut onion in half and thinly slice.

2. MAKE TAGINE

Heat oil in a large, high sided frying pan on medium-high. Add lamb and brown all over (approximately 2 minutes). Reduce heat to medium, add carrots and onion and cook for a further 2 minutes, until onion is starting to soften. Stir in Moroccan seasoning and garlic powder. Cook for 1 minute.

3. Stir in tomato paste, then add diced tomatoes, stock, chickpeas and 1 tablespoon honey. Simmer, stirring occasionally, for 20-25 minutes, until sauce has thickened.

4. COOK COUSCOUS AND ALMONDS

Meanwhile, heat oil in a medium saucepan on medium heat. Add couscous and cook until lightly browned (about 2 minutes). Pour in stock mixture, bring to the boil, then turn heat down to medium-low and cover with a lid. Leave to simmer for 15 minutes, or until liquid has been absorbed and couscous is tender. Remove from heat.

5. While couscous cooks, heat a small frying pan on medium and toast almonds until golden. Remove from heat and set aside.

6. SERVE

Taste tagine and add remaining tablespoon honey, if you feel it needs it. Season with salt and pepper and stir in spinach until just wilted. Divide couscous between warmed serving plates or bowls and top with tagine. Add a generous dollop of yoghurt and sprinkle with almonds.



WINE MATCH: Try a light Merlot.

QUICK LAMB TAGINE RECIPE NOTES

GLUTEN-FREE OPTION: Make sure seasoning is gluten-free. Use gluten-free stock cubes (you can use beef or chicken if you can't find lamb). Replace couscous with long grain white rice - you can use the same quantities and process, but let the rice rest for 10 minutes (covered) after cooking.

INGREDIENT SWAPS / NOTES: You can use beef or chicken stock cubes instead of lamb. If you don't like chickpeas, replace these with extra lamb (approximately 100g / 3.5oz).

OPTIONAL ADD ON: Sprinkle feta cheese over the meal before serving (this is a good way to use up any remaining feta from the stuffed sausages in this menu). Chopped coriander or parsley also make a great addition.

STORING AND REHEATING: Store individual portions in containers in the fridge. Reheat in the microwave. Dollop with yoghurt and sprinkle with almonds just before serving.