



Moroccan Lamb Skewers with Couscous

A perfect evening dinner dish - spiced Irish Comeragh Mountain Lamb and lemony couscous! Skewers are a great way to get all your vegetables in for the day, especially when combined with lamb and spices to boost their flavour. The couscous is a great, light side-dish which can also be used for dinner parties or summer BBQs!

Ingredients

- Diced Leg Lamb
- Red Onion
- Red Pepper
- Garlic
- Lemon
- Fresh Mint
- Couscous
- Dried Apricots
- Bay Leaf
- Skewers
- Mixed Spices
 - Coriander
 - Cumin
 - Cinnamon

Your Pantry

- Olive Oil
- Salt & Pepper
- Cling Film

Nutritional Info

Calories: 436 kcal
Carbohydrates: 43 g
Protein: 37 g
Fat: 11 g

Allergens


Wheat (Couscous)
Sulphites (Apricots)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Make the marinade

Crush the garlic. In a bowl, whisk 2 tablespoons per person of olive oil with lemon juice and lemon zest, garlic, the bay leaf, 3/4 of the mint and the mixed spices. Reserve some of this sauce in a separate bowl for basting the lamb during cooking.

2) Marinade the lamb

Add the lamb to the remaining marinade and toss to coat. Cover and leave aside.

3) Make the skewers

Chop the onion and pepper into large chunks. Remove the lamb from the marinade and discard the bay leaf. Thread the lamb onto the skewers with the apricots, onion and pepper, dividing equally. Brush all skewers with some of the reserved marinade. Season with salt and pepper.

4) Grill the skewers

Grill the skewers, occasionally brushing with the marinade and turning until the onions soften and begin to brown, and the lamb is cooked. Lamb should be served medium [approx. 8 minutes for medium rare]. Meanwhile...

5) Make the couscous

Place the couscous in a bowl and mix with a splash of olive oil and cover with the same volume of boiling water as you have volume of couscous (eg 200g couscous needs 200ml water), cover bowl with cling film and stand for 5 min. After 5 minutes, plump up the couscous with a fork and allow to cool slightly. With the remaining lemon squeeze the juice over the top and mix through the couscous, season with salt and pepper.

6) Plate the dish

Serve the couscous and place skewers on top and sprinkle with the leftover mint.



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