



Moroccan lamb with couscous

20'

Hands on

3 hours'

Hands off

10'

Cook Time

4

Portion(s)

2

Difficulty



Method

For the couscous

- In a **bowl**, add the couscous, boiling water, bouillon cube and 2 tablespoons olive oil. Mix until the bouillon cube dissolves.
- Cover with plastic wrap and set aside until it absorbs all the water.
- When ready, remove the plastic wrap fluff up with a fork.
- Add salt, pepper, 3-4 tablespoons of olive oil, raisins, cumin, cinnamon, almonds and mint. Mix with a spoon.

For the marinade

- In a bowl, add the Greek yogurt, cinnamon, cumin, coriander, salt and pepper.
- Mix with a spoon until all the ingredients are incorporated.

For the lamb

- Using a **knife**, remove the fat and meat fibers.
- Cut the meat into 1 cm slices and place it in a bowl. Add salt, pepper, rosemary and pour the marinade over it.
- Mix using your **hands** so that the marinade completely coats the pieces of the lamb.
- It is best to let it marinate for 6-12 hours.
- Place on a non-sticking **pan** over high heat and let it get very hot.
- Add the olive oil and the pieces of the lamb. Sauté for 2-3 minutes on each side. It is best to cook it in 2-3 batches so that you do not crowd you pan and your meat cooks properly.

To serve

- **Serve** the lamb over couscous and top with mint leaves.

Tip

Of course we recommend you use Greek yogurt!

Ingredients

For couscous

- 300 g couscous
- 1 chicken or vegetable bouillon cube
- 375 g water, boiled
- 5-6 tablespoons olive oil
- 100 g raisins
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 60 g almonds, raw
- ¼ bunch mint
- salt
- pepper

For marinade

- 200 g Greek strained yogurt
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon ground cinnamon
- salt
- pepper

For lamb

- 1-1,2 kg leg of lamb, deboned
- 2 sprigs rosemary
- salt
- pepper
- 2 tablespoon olive oil
- mint leaves for serving

Διατροφικός πίνακας

Nutrition information per portion

761 Calories (kcal)	40.0 Total Fat (g)	13.0 Saturated Fat (g)	48.0 Total Carbs (g)
38%	57%	65%	18%
14.0 Sugars (g)	49.0 Protein (g)	5.1 Fibre (g)	1.7 Sodium (g)
16%	98%	20%	28%