

MOROCCAN-STYLE LAMB With Minted Couscous

(from Slimming World recipe book) Ready in 1hr 30 mins, serves 4

Ingredients:

1 onion, peeled and finely chopped
2 tsp each of ground cumin and ground cinnamon + ½ tsp dried chilli flakes
596g/1lb 5oz lean lamb steaks, cut into bite-sized pieces
2 x 400g tins chopped tomatoes
2 large carrots, peeled and cut into 1.5cm/1/2in pieces
300g each of swede and turnip, peeled and cut into bite-sized pieces
Salt and freshly ground black pepper
312g/11oz green beans, trimmed and halved
Chopped coriander, to garnish.

For the couscous:

340g/12oz dried couscous
Juice of 1 orange
4-5tbsp finely chopped mint
2-3 tbsp finely chopped preserved lemons (optional)

Method:

1. Place heavy-based saucepan over high heat. Add onion, cumin, cinnamon, chili flakes and lamb and stir-fry for 5-6 mins.
2. Add tomatoes, carrots, swede and turnip and bring to boil. Season well, turn heat to low, cover and simmer gently for 50-60 mins, stirring often or until meat is tender. Stir in green beans and cook for further 15 mins, or until tender.
3. Meanwhile place couscous in wide, heatproof bowl and pour over boiling water to cover grains. Cover and allow to stand for 12-15 mins or until all water is absorbed. Fluff up grains with fork and stir in orange juice, mint and chopped preserved lemons, if using.
4. Garnish lamb with chopped coriander before serving with couscous.