

CRUNCH TIME

Lamb With Couscous



Serve Information: 1 plate of Lamb with Couscous

INGREDIENTS:

300g couscous
40g sultanas
375ml boiling water
green capsicum, deseeded
red capsicum, deseeded
2 Sprigs parsley
1 Orange
1 Lemon
1 Tbsp honey
50g Almonds
50g Cashews
Salt
Pepper
1 Garlic clove
2 Sprigs mint

1 tbsp plain yoghurt
100g lamb, roasted
100g pumpkin, cut into 2cm pieces and roasted
Half onion, sliced into wedges and roasted

EQUIPMENT:

Kettle
Large heat-proof bowl
Cling wrap
Chopping board
Sharp knife
Zester
Citrus juicer
2 mixing bowls
Several spoons
Fork
Large serving dish
Garlic crusher



METHOD:

1. Boil water in kettle
2. Place couscous and sultanas in a large heat-proof bowl. Add boiling water, cover with cling wrap and set aside
3. Dice the capsicums and chop the parsley
4. Zest the orange and lemon
5. Juice the orange and lemon
6. Combine the orange and lemon juices with the honey and mix well
7. Uncover the couscous and fluff with a fork
8. Add the capsicums, parsley, nuts, roasted pumpkin, roasted onion and juices. Season with salt and pepper and toss. Place in a large serving dish
9. Thinly slice the lamb and arrange the pieces around the edge of the couscous
10. To make the dressing, crush the garlic into a bowl
11. Chop the mint leaves and add to garlic
12. Add the yoghurt, season with salt and mix
13. Spoon the yoghurt dressing on the couscous and lamb

ADDITIONAL NOTES:

Boil water in kettle
Roast lamb
Roast pumpkin
Roast onion



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