

Moroccan Lamb Couscous



INGREDIENTS

- 450g lamb mince
- 1 brown onion
- 1 carrot
- ½ courgette
- ½ head broccoli
- ½ red pepper
- 1 tsp grated ginger
- 1 tsp crushed garlic
- 200g couscous
- 300ml chicken stock
- 1 tin chopped tomatoes
- 25g flaked almonds
- 50g dried apricots
- 1tsp ground cumin
- 1tsp medium curry powder
- 1tsp paprika
- ½ tsp ground coriander
- ¼ tsp ground cinnamon
- Good splash sunflower oil or other neutral oil

METHOD

Right, let's start with chopping!

Get your onion peel it and chop into small pieces.

Half the pepper, remove the seeds and chop into small pieces again.

Peel the garlic clove and mince it with your knife. If using fresh ginger peel, the thumb nail sided piece with a spoon and chop finely (but I was lazy and used ginger puree available in most large supermarkets).

Slice the dried apricots into small pieces.

Break your broccoli down off the stalk into florets. Put the florets into a food processor and blend until it looks a little like couscous.

Peel the carrot and grate with the large box grater setting.

Do the same with the courgette. (The reason for this is your kids won't see the veg when it's cooked.)

To make the chicken stock (I use stock cubes) put one stock cube in a jug and add 300ml of boiling water and whisk to dissolve.

Right last job before cooking put all your spices in a container together. Cumin, coriander, cinnamon, curry powder and paprika.

Let's start cooking. Put the flaked almonds into a dry pot (no oil) and turn the heat on allow them to toast moving them around the pot every 20 seconds until they are a light golden colour.

Remove from the pot and set aside until later.

Put the pot back on the heat and add a good splash of sunflower oil. Allow the oil to get hot then put in the lamb mince, cook on a high heat for 5 mins until the lamb mince has browned.

Add the onions, cook on the high heat for 3-4 minutes.

Add the ginger and garlic cook for 2 more minutes.

Add the carrot, courgette and red pepper.

Continue cooking on the high heat for another 5 mins stirring regularly until the veg has started to soften.

Add in the spices and cook for 2 minutes more.

Pour in the chicken stock, tin tomatoes and sliced apricots into the pot and bring up to the boil.

The moment it boils put in the blended broccoli, toasted flaked almonds and the couscous.

Give it a quick stir, turn off the heat and cover with the pot lid or a plate or cling film it just needs to be sealed so the steam doesn't escape.

Leave to sit for 5 minutes.

Give it one more quick stir and cover for another 5 minutes.

Now you're done - Serve it up grab a drink and enjoy.

Watch the kids shovel it in hidden veg and all.