

Gill's Gourmet Gallery

Spring lamb with couscous & fruit

Ingredients:

500g mixed lamb
2 tablespoons vegetable oil
2 onions cut into chunks
3 garlic cloves
Handful fresh coriander
1 red chilli
4 tomatoes or 1 tin
2 level teaspoons of vegetable bouillon dissolved in 500 ml hot water
100g cooked couscous
Handful of dried fruit, seeds and nuts

Method:

Heat the vegetable oil in an ovenproof dish with lid.
Brown the lamb, chunks of onion, chopped chilli and garlic cloves.
Add the water with bouillon, finely chopped coriander and tomatoes, stir.
Place in the oven to slow cook 120c fan for 4 hours.
Whilst cooking wash the couscous and cook as directed on the packet, drain and place in a bowl.
Once the meat is cooked, add the couscous, chickpeas and fruit.
Return to the oven for 30 minutes, 180c fan, and serve hot.

