



QCOOK

Harissa Lamb & Couscous Bowl

with dates & spiced chickpeas

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	934kJ	3770kJ
Energy	223kcal	902kcal
Protein	11.9g	48g
Carbs	19g	76g
of which sugars	5.2g	21g
Fibre	2.9g	11.9g
Fat	10.2g	41.3g
of which saturated	4.2g	17g
Sodium	144mg	582mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
180g	240g	Chickpeas <i>drain & rinse</i>
15ml	20ml	NOMU Moroccan Rub
480g	640g	Free-range De-boned Lamb Leg
45ml	60ml	Pesto Princess Harissa Paste
60g	80g	Green Leaves <i>rinse</i>
150ml	200ml	Greek Yoghurt
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
60g	80g	Pitted Dates <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Seasoning (salt & pepper)
Paper Towel
Butter

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 225ml [300ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 8-10 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. In the final 2-3 minutes, mix in the NOMU rub, and a knob of butter. Remove from the pan and season.

3. LAMB Return the pan to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned and cooked through, 4-5 minutes per side. In the final 1-2 minutes, baste with the harissa. Remove from the pan and rest for 5 minutes before slicing.

4. TIME TO DINE Dress the green leaves with a drizzle of olive oil. Combine the yoghurt with ½ of the parsley. Make a bed of the dressed green leaves, top with the couscous, and side with the lamb. Scatter over the chickpeas and finish with dollops of the herby yoghurt. Garnish with a sprinkle of the dates and the remaining parsley and enjoy, Chef!