

Chef Dale's Moroccan lamb fried couscous

Recipe by Chef Dale Sniffen

Chef Dale' Moroccan and Curry blend



Prep list

3 tbsp lightly toasted Moroccan & Curry blend
1 red onion finely chopped
4 tbsp olive oil
300gm lamb fillets cut into strips
3 stick celery chopped
2 carrots finely chopped
150gm chopped string beans
1 cup fresh corn kernels
2 cups cooked couscous
½ cup Tomato pasta sauce
Toasted almonds and coriander leaves
50gm finely chopped preserved lemon

Method

Pre heat a large sauté or paella pan on medium heat slowly caramelize onions in olive oil or until fragrant. Add toasted Moroccan and curry blend mix through caramelized onion. Add lamb fillets pieces and stir fry until just sealed. Toss in all prepared vegetables and mix in well. Stir fry vegetables until tender add cooked couscous, sauce and heat up well.

Season dish with salt and pepper sprinkle with toasted almonds and coriander leaves and preserved lemons.