

MINISTRY OF FOOD

Moroccan Lamb with cous cous

250g	Good locally farmed Lamb Fillet Shoulder
1	Whole nutmeg finely grated
1tsp	Cumin
1tps	Sweet Paprika plus a little extra for dusting
1 tsp	Dried thyme
1/2	Lemon

Cous Cous

100g	Cous Cous
1	Red chilli deseeded and finely chopped
2tbs	Olive oil
	Salt and pepper to season
Small bunch	Finely chopped flat leaf parsley and mint
1/2	Lemon
	Enough boiling water to cover the cous cous
	Cling film

Method

Slice the Fillet Shoulder by cutting it length ways, Give it a little bash with your fist to flatten it out

Put a dry frying pan onto the heat to start to get hot,

Place the nutmeg, cumin, paprika sea salt and black pepper onto the chopping board pour on a little olive oil and on the lemon juice, and rub the fillets over the paste making sure you use up all the lovely paste, (this could be done in advance of cooking to enable all the flavours to soak into the meat,

Place the fillets into the very hot pan and keep turning this will seal the meat do this for about 5-8 mins blackened on all sides

While your meat is cooking start your cous cous, see cous cous method but keep going back to your meat, until and you are happy the meat is cooked to your liking, take the pan off the heat cover the pan leave the meat to rest, this is a must,

Cous Cous

Add enough boiling water to cover the cous cous, add a the olive oil, parsley and mint the juice of the lemon & salt & pepper, give it a good stir up and cover with cling film

Serving ideas

Slice the fillets as thin as you can get them across the grain, warm some lovely flat breads slice them to make a pocket fill with some cous cous add a little houmous flavoured with harrisa or natural yoghurt add in the tasty lamb

And enjoy!!!!