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Moroccan Lamb with Couscous



Recipe courtesy of Birds Eye www.birdseye.com.au

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PREPARE
10 mins



COOK
16 mins



SERVES
4

INGREDIENTS

600g	Lamb back straps
2 tsp	Moroccan spice mix
2 tbsp	Olive oil
1 cup	Birds Eye Chopped Onions
1	Carrot, sliced
400g	Can tomato pieces, undrained
1/4 cup	Frozen Birds Eye Baby Peas
1 tsp	Moroccan spice, extra
	Couscous:
3/4 cup	Couscous
3/4 tsp	Chicken stock powder
3/4 cup	Boiling water
3/4 tsp	Grated lemon rind
	Fresh coriander leaves, to garnish



INSTRUCTIONS

STEP 1

Sprinkle lamb with Moroccan spice. Heat oil in a frying pan, browning lamb on both sides over a high heat. Reduce heat and continue to cook until lamb is as desired. Remove lamb from pan and wrap in foil.

STEP 2

Add frozen **Birds Eye Chopped Onions** and carrot to frying pan and cook for 2-3 minutes. Pour in undrained diced tomato, frozen **Birds Eye Baby Peas** and extra Moroccan spice, stirring to combine. Cover and cook over a low heat for 10 minutes.

STEP 3

Place couscous into a bowl, add chicken stock powder and pour in boiling water, stir until combined. Cover and stand for 2-3 minutes. Stir with a fork to fluff up grain and mix in lemon rind. Garnish with coriander leaves.

STEP 4

Spoon vegetable mixture onto prepared couscous. Cut lamb into slices and serve on top.

TIP

Lamb fillets or chicken breast tenderloins also work well for this recipe.



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