



Lamb Tagine with cous cous

Shopping list:

- 400grams diced lamb
- 100grams pumpkin
- 2 red onions
- 2 carrots
- 1 zucchini
- 1 red capsicum
- 1 tablespoon tomato paste
- 2 large potatoes
- 3 field mushrooms
- 2 lemons, zest & juice
- 1 green capsicum
- 100ml honey
- 100gram prunes
- 50grams macadamia nuts
- 4 tablespoons Moroccan spice
- 200grams cous cous
- ½ bunch fresh thyme
- ½ bunch chopped parsley
- 100gram pistachio, chopped
- Salt & pepper

Method:

1. Chop all the vegetables into desire size and dust them and the diced lamb in the Moroccan spices. Heat up your tagine dish, or oven dish and fry the vegetables to caramelize them.
2. Deglaze the dish with the lemon juice, then add the honey and the zest, 2 cups water, then cover with the lid and cook for 20-25 minutes or longer if cooked slower. Add the macadamia nuts and prunes.
3. Put the cous cous into an oven tray and slowly add ladle by ladle seasoned vegetable stock, separating the grains each time before adding extra stock.
4. Repeat this until it is fully cooked then add 2 tablespoons margarine or butter. Tost the pistachio and add this to the cous cous together with the chopped thyme and parsley.
5. Present to the table with the cous cous on the side

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