

Lamb kebabs with couscous salad



Serves: 4

Time

Preparation time 20 minutes

Cooking time 15 minutes

Ingredients

- 500g extra lean minced lamb
- 1 garlic clove, peeled and crushed
- 1 teaspoon curry powder
- 1 teaspoon paprika

Ingredients for the couscous salad

- 250g couscous
- 300ml vegetable stock (try to use low-salt stock cube)
- 1 teaspoon olive oil
- 1 red onion, peeled, halved and finely sliced
- 1 garlic clove, peeled and crushed
- pinch chilli flakes
- 100g dried apricots, finely chopped
- handful fresh coriander, finely chopped (1 teaspoon dried)
- large handful rocket leaves

Ingredients for the dressing

- 1 teaspoon honey
- zest and juice 1 lemon
- 2 teaspoons olive oil
- handful fresh mint, chopped (optional)



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To serve

- crusty bread
- lemon, quartered (optional)

Method

1. Soak 8 wooden skewers in hot water for 10 minutes.
2. To make the kebabs, place the minced lamb, garlic, curry powder and paprika into a bowl and mix together. Divide the mixture into eight balls and mould each ball onto a skewer to form a sausage shape.
3. Preheat a grill to high and grill the kebabs for 10–12 minutes, rotate while cooking.
4. Meanwhile, tip the couscous into a bowl with boiling stock. Stir, cover and allow to stand for 10 minutes, then fluff with a fork.
5. To make the salad, heat the teaspoon of oil in a frying pan and cook the onions over a moderate heat until soft. Add crushed garlic, chilli flakes and apricots and cook for a further 3 minutes, then tip into a serving bowl along with the cooked couscous, coriander and rocket and mix well.
6. To make the dressing, simply mix the ingredients together and drizzle over the couscous salad and kebabs just before serving with crusty bread.

Tip

This is an ideal recipe for cooking on a barbeque.