



Product Spotlight: The Farm House


The Farm House is a family-owned butchery, smokehouse and charcuterie located just outside Margaret River. They are free-range and "believe in making the best products in the most natural way".



Lamb Merguez Stew with Chickpea Couscous

North African-inspired smoked lamb sausage from The Farm House, cooked in a warming stew, packed full of veggies and served with chickpea couscous and fresh parsley leaves.

 30 minutes

 4 servings

 Lamb

16 June 2023

Added Extras!

For added extras, try dicing a cucumber and toss with the parsley. Dollop over natural yoghurt or crumble over feta or goat cheese.

Per serve: **PROTEIN** 23g **TOTAL FAT** 26g **CARBOHYDRATES** 55g

FROM YOUR BOX

MEDIUM EGGPLANT	1
SWEET POTATOES	400g
RED CAPSICUM	1
TOMATOES	2
BROWN ONION	1
LAMB MERGUEZ SAUSAGE	1 packet
MOROCCAN SPICE MIX	1 packet
CHICKPEA COUSCOUS	200g
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Crumble in a stock cube or use liquid stock to cook the couscous for extra flavour.



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1. PREPARE THE VEGETABLES

Dice eggplant and sweet potato into 3cm cubes. Roughly chop capsicum and tomatoes. Slice onion.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Slice sausage and add to pan as you go along with onion. Sauté for 3 minutes. Add spice mix and tomatoes and sauté for a further 2 minutes.



3. SIMMER THE STEW

Add remaining vegetables to pan and cook for 5 minutes. Pour in **400ml water** and cook, semi-covered, for 15 minutes until vegetables are tender.



4. COOK THE COUSCOUS

Meanwhile, pour **400ml water** into a saucepan. Season with **salt and pepper** (see notes) and bring to a boil. Once boiling, remove from heat. Add couscous and stir to combine. Cover and leave to stand for 5 minutes until couscous has absorbed the water. Use a fork to fluff up couscous.



5. FINISH AND SERVE

Season stew to taste with **salt and pepper**. Roughly chop parsley leaves.

Garnish stew with parsley. Serve tableside with couscous.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

