



Product Spotlight: Harissa Paste

Made in Tasmania, Island Currie's harissa is a delicious red chilli pepper-based paste frequently seen in Moroccan cuisine. It's gluten free and has no added preservatives or fillers.



BBQ Lamb Skewers with Harissa Pearl Couscous Salad

Diced lamb skewers coated with harissa paste and barbecued, served with vibrant barbecued vegetables, pearl couscous and mint salad tossed in a bright lemon and harissa dressing.



35 minutes



4 servings



Lamb

Dipping sauce!

Instead of coating the lamb with harissa, mix the harissa with natural yoghurt to make a dipping sauce. You could also serve whipped feta/ricotta, skordalia or tzatziki as a dipping sauce for the skewers.

Per serve: **PROTEIN** 48g **TOTAL FAT** 50g **CARBOHYDRATES** 76g

FROM YOUR BOX

PEARL COUSCOUS	300g
RED ONION	1
ZUCCHINI	1
RED CAPSICUM	1
DICED LAMB	700g
HARISSA PASTE	2 sachets
LEMON	1
MINT	60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, skewers

KEY UTENSILS

saucepan, BBQ (griddle pan or frypan)

NOTES

Add sultanas, raisins, currants, cranberries or chopped up dried apricots to the salad for a touch of sweetness!

No gluten option – pearl couscous is replaced with quinoa. Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse.



1. COOK THE COUSCOUS

Bring a saucepan with water to a boil. Add pearl couscous and cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.



2. PREPARE BBQ ELEMENTS

Wedge red onion. Cut zucchini and roughly chop capsicum. Toss with **oil, salt and pepper**.

Coat lamb with 1/2 harissa paste, **salt and pepper**. Thread onto **skewers**.



3. BBQ SKEWERS & VEG

Heat BBQ over medium–high heat with **oil**. Add vegetables and skewers. Cook, turning, for 8 minutes. Remove vegetables (see step 5) and cook skewers for a further 4 minutes or until lamb is cooked to your liking.



4. MAKE HARISSA DRESSING

Zest and juice lemon. Add to a large bowl with remaining harissa paste, **3 tbsp olive oil, salt and pepper**. Whisk to combine.



5. TOSS THE SALAD

Finely chop mint leaves. Add to dressing and couscous (see notes). Toss to combine. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Serve couscous salad tableside with lamb skewers.



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