



### 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 Pearl Couscous

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



30 minutes



4 servings



Lamb

## 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** 19g **TOTAL FAT** 13g **CARBOHYDRATES** 86g



## FROM YOUR BOX

PEARL COUSCOUS	300g
MEDIUM EGGPLANT	1
SWEET POTATOES	400g
RED CAPSICUM	1
TOMATOES	2
BROWN ONION	1
LAMB MERGUEZ SAUSAGE	1 packet
MOROCCAN SPICE MIX	1 packet
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.

**Gluten-free option - couscous is replaced with white 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. Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.



Scan the QR code to submit a Google review!



### 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 THE VEGETABLES

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



### 3. 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.



### 4. SIMMER THE STEW

Add remaining vegetables to pan and cook for 5 minutes. Add **400ml water** (see notes). Cook, semi-covered, for 15 minutes until vegetables are tender.



### 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**

