

Harissa Lamb stew with chick peas



Serve 4

Ingredients

700 grams lamb cubes
1 large tomatoes – finely chopped
2 Tablespoon of Le' Spice Harissa Spice Mix
400 grams can tomatoes
410 grams can chick peas
Olive oil
A handful fresh coriander

Method

Rinse the lamb and pat dry
In large pot – heat the olive oil
Add the chopped onions – stir frequently until brown
Add the lamb cubes
Stir lightly until the lamb brown in color
Add the tomatoes
Fill the tomatoes can with water – ½ of a can
Add the Le' Spice Harissa Spice Mix
Add salt and pepper to taste

Bring the liquid to boil

Then reduce the heat

Let it simmer for 1 hour – 1 ½ hour or until the lamb is tender

Rinse the chick peas and then add them to the pot

Simmer for further 15 minutes

Garnish with chopped coriander

Serve with Rice or couscous