

## Moroccan Lamb and Cous Cous Stew with a Ras Al Hanout



**Serves 4**

### **Ingredients**

500 grams Lamb this can be any cut

1 large onion, finely chopped

1 large can of chickpeas (or equivalent of dried chickpeas soaked overnight)

2 carrots, sliced coarsely but evenly.

4 or 5 cloves of garlic, coarsely chopped.

1/4 cup of green/brown lentils

3/4 cup of red lentils

1 liter of lamb or beef stock

1 can of Roma Tomatoes broken up (or about 5 or 6 fresh Roma tomatoes chopped roughly)

1.5 teaspoons of **Le' Spice Ras Al Hanout** Spice mix.

Juice of 1 lemon

Salt and pepper to taste

1/4 to 1/2 a preserved lemon

3/4 to 1 cup of medium cous cous

Optional – two bullet chillies, finely chopped

## Method

In a large pot, put the onion, lamb, carrots, garlic, green lentils, chickpeas, tomatoes, chillies and stock.

Bring to the boil, and then reduce to simmer and add the **Le' Spice Ras Al Hanout** Spice Mix.

Cover and reduce the heat to the lowest setting.

Stir occasionally.

The cooking time should be about 3 to 5 hours. About 3 hours in, add the preserved lemon. (If using pressure cooker – cook the meat for 35 minutes)

Sometime after this, but at least 25 minutes before you're ready to serve, remove the bones from the stew and break up any large pieces of

About 25 minutes or so before you're ready to serve, add the red lentils.

About 10 minutes before you're ready to serve add the lemon juice and cous cous stirring in well.

You'll want to leave this uncovered for the last five minutes, increasing the heat slightly and stirring frequently.

Serve in ramkins or bowls with slice Turkish Bread