

Moroccan lamb meatballs with couscous

Ingredients (serves 2)

- 300g lamb mince
- 1/4 cup of breadcrumbs
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1 teaspoon of Moroccan seasoning
- 1 small onion, coarsely grated
- 4 tablespoons finely chopped Continental parsley
- Salt & ground black pepper, to taste
- 2 tablespoon olive oil
- 1 garlic cloves, crushed
- 200gm chopped tomatoes
- 250gm couscous
- 250ml of boiling water
- 20g butter or margarine, softened
- Juice of 1/2 a lemon

Method

1. Combine mince, breadcrumbs, Moroccan seasoning, cumin, coriander, onion, 2 tablespoons of chopped parsley, salt and pepper in a bowl and mix thoroughly.
2. Roll mixture into small balls about the size of walnuts.
3. Heat olive oil in a large frying pan over medium heat. Add the meatballs and cook, turning often, for 2-3 minutes or until browned (cook in 2 batches if needed).
4. Drain on a piece of paper towel.
5. Remove excess oil from the pan. Add garlic and cook for 30 seconds. Add tomatoes, remaining cumin and salt and pepper to taste. Bring mixture to the boil and simmer for 2 minutes. Return meatballs to pan, cover and cook for 4-5 minutes or until meatballs are cooked to your liking.
6. Meanwhile, prepare couscous following packet directions. Stir in butter or margarine and season to taste with salt. Stir lemon juice and remaining 2 tablespoons parsley through the meatball and tomato mixture.
7. Serve with the couscous.