



### 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 Chickpea Couscous

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



30 minutes



2 servings



Lamb

16 June 2023

## 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	TOTAL FAT	CARBOHYDRATES
	31g	32g	57g



## FROM YOUR BOX

MEDIUM EGGPLANT	1
RED CAPSICUM	1
TOMATO	1
BROWN ONION	1
LAMB MERGUEZ SAUSAGE	1 packet
MOROCCAN SPICE MIX	1 packet
CHICKPEA COUSCOUS	100g
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.



### 1. PREPARE THE VEGETABLES

Dice eggplant into 3cm cubes. Roughly chop capsicum and tomato. Slice onion.



### 2. 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 tomato and sauté for a further 2 minutes.



### 3. SIMMER THE STEW

Add remaining vegetables to pan and cook for 5 minutes. Pour in **1 cup water** and cook, semi-covered, for 15 minutes until vegetables are tender.



### 4. COOK THE COUSCOUS

Meanwhile, pour **200ml water** into a saucepan. Season with **salt and pepper** (see notes) and bring to a boil. Once boiling, remove from heat. Add couscous and stir to combine. Cover and leave to stand for 5 minutes until couscous has absorbed the water. Use a fork to fluff up couscous.



### 5. FINISH AND SERVE

Season stew to taste with **salt and pepper**. Roughly chop parsley leaves.

Garnish stew with parsley. Serve tableside with couscous.



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