



### Product Spotlight: Harissa Paste

Made in Tasmania, Island Currie's harissa is a delicious red chilli pepper-based paste frequently seen in Moroccan cuisine. It's gluten free and has no added preservatives or fillers.



## BBQ Lamb Skewers with Harissa Pearl Couscous Salad

Diced lamb skewers coated with harissa paste and barbecued, served with vibrant barbecued vegetables, pearl couscous and mint salad tossed in a bright lemon and harissa dressing.



35 minutes



2 servings



Lamb

### Dipping sauce!

*Instead of coating the lamb with harissa, mix the harissa with natural yoghurt to make a dipping sauce. You could also serve whipped feta/ricotta, skordalia or tzatziki as a dipping sauce for the skewers.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	56g	66g	88g

## FROM YOUR BOX

PEARL COUSCOUS	150g
RED ONION	1
ZUCCHINI	1
RED CAPSICUM	1
DICED LAMB	400g
HARISSA PASTE	1 sachet
LEMON	1
MINT	60g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, skewers

## KEY UTENSILS

saucepan, BBQ (griddle pan or frypan)

## NOTES

Add sultanas, raisins, currants, cranberries or chopped up dried apricots to the salad for a touch of sweetness!

**No gluten option** – pearl couscous is replaced with 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.



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### 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.



### 4. MAKE HARISSA DRESSING

Zest and juice lemon. Add to a large bowl with remaining harissa paste, **3 tbsp olive oil, salt and pepper**. Whisk to combine.



### 2. PREPARE BBQ ELEMENTS

Wedge red onion. Cut zucchini and roughly chop capsicum. Toss with **oil, salt and pepper**.

Coat lamb with 1/2 harissa paste, **salt and pepper**. Thread onto **skewers**.



### 5. TOSS THE SALAD

Finely chop mint leaves. Add to dressing bowl along with barbecued vegetables and couscous (see notes). Toss to combine. Season to taste with **salt and pepper**.



### 3. BBQ SKEWERS & VEG

Heat BBQ over medium-high heat with **oil**. Add vegetables and skewers. Cook, turning, for 8 minutes. Remove vegetables (see step 5) and cook skewers for a further 4 minutes or until lamb is cooked to your liking.



### 6. FINISH AND SERVE

Serve couscous salad tableside with lamb skewers.

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