



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



4/6 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
4P/6P:	39g/42g	20g/24g	59g/61g

FROM YOUR BOX

	4 PERSON	6 PERSON
PEARL COUSCOUS	300g	300g + 150g
RED ONION	1	2
ZUCCHINI	1	2
RED CAPSICUM	1	2
DICED LAMB	700g	700g + 400g
HARISSA PASTE	2 sachets	3 sachets
LEMON	1	1
MINT	1 packet	1 packet

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.

6P – use 4 tbsp olive oil.



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**.

6P – use 1 sachet harissa paste for the **lamb**.



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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