



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 Pearl Couscous

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



30 minutes



2 servings



Lamb

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
	23g	25g	64g

FROM YOUR BOX

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

Gluten-free option - couscous is replaced with white 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. Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.



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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.



2. PREPARE THE VEGETABLES

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



3. 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.



4. SIMMER THE STEW

Add remaining vegetables to pan and cook for 5 minutes. Add **1 cup water** (see notes). Cook, semi-covered, for 15 minutes until vegetables are tender.



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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