

# Spiced Lamb and Barley Couscous

## (serves 2)

This spiced lamb dish has a slightly Moroccan feel to it which is increased by the accompanying barley couscous. The couscous is nuttier in flavour than its more common wheat counterpart and is higher in fibre. The lamb could be replaced with beef and benefits from long, slow cooking to give a deliciously tender result.

### Ingredients

1 tablespoon of olive oil	2 cloves of garlic
250g lamb steak, diced	½ teaspoon ground cinnamon
1 large onion, chopped	1 teaspoon paprika
1 tin of chopped tomatoes	1 teaspoon chilli powder
80g green beans	½ teaspoon cumin seeds
80g butternut squash, chopped	1 teaspoon dried coriander leaves
6 dried apricots	Pinch of ground black pepper
½ a beef or lamb stock cube	100g barley couscous
150ml water	200g water
4 tablespoons of lemon juice	1 tablespoon of olive oil

### Method

1. Heat the oil and fry the lamb and onions for 2 minutes.
2. Stir in all the herbs and spices, garlic and pepper.
3. Add the tomatoes, butternut squash and beef stock and simmer for 25 minutes.
4. Add the green beans, lemon juice and apricots, then simmer for another 10 minutes.
5. Make up the couscous as per the instructions on the pack
6. Serve together.

### Nutrition information

Per 100g	Energy 362kJ 87kcal	Fat 2.7g	Saturates 0.2g	CHO 9.4g	Sugars 3.1g	Protein 5.2g	Fibre 1.8g	Salt 0.12g
Per Serving 565g	2444kJ 582kcal	18.2g	1.3g	63.2g	20.6g	35.5g	12.4g	0.81g

Oat/Barley content

**50g**  
of barley per  
portion

