

Marinated Lamb with Couscous

Serves 4

Preparation Time 35 minutes

Cooking Time 20 minutes

Ingredients:

Marinated Lamb Cutlets:

- 2 teaspoons chopped chilli
- 1 teaspoon paprika
- 1 clove garlic, crushed
- 2 tablespoons chopped parsley
- 2 teaspoons ground cumin
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 8 lamb cutlets, fat trimmed

Couscous:

- 1 cup couscous
- 1 cup (250mL) water
- 40 g (2 tablespoons) **Flora pro-activ spread**
- 2 tablespoons pine nuts
- 2 tablespoons chopped dried apricots
- 1/2 cup coriander leaves

To serve:

- 4 cups broccoli florets, steamed



Marinated Lamb Cutlets: Combine marinade ingredients in a bowl and mix well. Add the cutlets and coat well. Cover, refrigerate and allow to marinate for at least 30 minutes. Grill or barbecue until lamb is cooked.

Couscous: Bring water and Flora pro-activ to the boil. Add couscous, remove from heat, cover and stand for 5 minutes. Fluff with a fork and stir through pine nuts, apricots and coriander.

To serve: Place cutlets on a bed of couscous and serve with steamed broccoli.

Nutrition information

	Per 100g	Per Serve
Energy (kJ)	678	2152
Protein (g)	9.4	29.9
Total Fat (g)	7.7	24.6
Sat. Fat (g)	2.0	6.3
Carbohydrate (g)	13.3	42.3
Total Sugars (g)	1.1	3.7
Dietary Fibre (g)	1.5	4.9
Sodium (mg)	40	127