



# Moroccan Lamb Tagine with Roasted Vegetables and Couscous

## Ingredients

Leftover roast lamb (approx. 75g - 100g per person)	Tin of chick peas in water (or any other bean)
1 teaspoon of vegetable oil	1 tin of tomatoes
1 onion chopped	1 tsp of cumin
2 peppers sliced	1 tsp of cinnamon
1 courgette sliced	1 tsp of smoked paprika
1 carrot chopped	50g dried apricots or raisins
2 red onions cut into wedges	400g of couscous
20 cherry tomatoes	280ml of chicken stock

## Method

Pre-heat the oven to 180°C. Heat oil in a large non-stick pan and cook the onions for 8 minutes until softened. Add the spices and stir well. Add the peppers, left over lamb, tin of tomato and tin of chick peas (including water) and raisins. Transfer to a large casserole dish, cover and cook in the oven for 50 minutes. Place the courgettes, carrot, cherry tomatoes and red onion wedges into a roasting tray and cook with a little oil for 20-25 minutes until beginning to colour. Once other ingredients are ready place the couscous in a large bowl and cover with 280ml of hot chicken stock. Cover for 4-5 minutes. Fluff the couscous with a fork to loosen. If you wish you can stir the roasted veg into the couscous before topping with the lamb.