SHOPPING LIST

Harissa Lamb Meatballs with Herby Couscous

Serves 4

For the meatballs

- [ ] 500 g minced lamb
- [ ] 1 small onion, grated
- [ ] 2 garlic cloves, crushed
- [ ] 1 tbsp harissa paste
- [ ] 1 tsp ground cumin
- [ ] 1 tsp ground coriander
- [ ] 40 g breadcrumbs
- [ ] 1 egg
- [ ] 1 tsp salt

For the sauce

- [ ] 1 tbsp olive oil
- [ ] 1 onion, sliced
- [ ] 2 garlic cloves, crushed
- [ ] 1 tbsp harissa paste
- [ ] 400 g tin chopped tomatoes
- [ ] 1 tsp honey

For the couscous

- [ ] 250 g couscous
- [ ] 300 ml hot vegetable stock
- [ ] Zest and juice of 1 lemon
- [ ] A large handful of parsley and mint, chopped
- [ ] 1 tbsp olive oil

To serve

- [ ] Thick yoghurt
- [ ] Toasted flaked almonds, optional

Tick off what you already have at home.