HOT & BOLD

Harissa Lamb Meatballs with Herby Couscous

PREP	COOK	SERVES
25 min	35 min	4

Spiced lamb meatballs simmered in a smoky harissa tomato sauce, served on lemony herb couscous.

Ingredients

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

Method

1. Heat the oven to 200°C and line a tray with baking paper. Mix all the meatball ingredients well and roll into 16 balls. Bake for 15 minutes, until browned.
2. While they bake, heat the oil in a wide pan. Cook the onion for 8 minutes until soft. Add the garlic and harissa and stir for 1 minute.
3. Add the tomatoes, honey and 100 ml water. Simmer for 10 minutes, then add the meatballs and simmer for 5 more minutes.
4. Put the couscous in a bowl with the olive oil, pour over the hot stock, cover and leave for 5 minutes. Fluff with a fork and stir in the lemon zest and juice and the herbs.
5. Serve the meatballs and sauce over the couscous with a spoonful of yoghurt and, if you like, almonds.

> ### Cook's tip
> Start with one tablespoon of harissa in the sauce, taste, and add more. Brands vary a lot in heat.