

Skewered lamb marinated with spices, herbed couscous

Recette pour 4 personnes



Description

Leg of lamb cubes marinated in a mixture of curry, cumin, five spice and coriander served on a green herbed couscous and diced Italian tomatoes.

L'idée déco

Cook your skewers on the BBQ and marinate lamb cubes overnight for extra flavor.

Ingrédients

For the lamb skewers

- 600 Gr Lamb shoulder
- 2.50 MI Curry powder
- 2.50 MI Chinese five spices powder
- 2.50 MI Ground coriander
- 2.50 MI Cumin powder

- Salt and pepper
- Olive oil
- Vegetable oil

For the herbed couscous

- 250 MI Couscous
- 250 MI Water
- 4 Sprig(s) Mint
- 12 Sprig(s) Fresh cilantro
- 12 Sprig(s) Parsley

- Salt and pepper
- Olive oil

- Vegetable oil

For the tomato concassé

- 4 Unit(s) Italian tomatoes
- 1 Unit(s) Shallot
- 30 Ml White balsamic vinegar

- Salt and pepper
- Olive oil
- Vegetable oil

Préparations

Temps de préparation **30 mins**

Préchauffez votre Four à 400 F°

General preparation

Take off all the herbs' leaves from the stem. Finely chop the shallot. Dice the Italian tomatoes. Mix the tomatoes with the shallot, balsamic vinegar, a drizzle of olive oil and season with salt and pepper.

Lamb skewers preparation

Marinate the lamb cubes 10-15 minutes in a mixture made with all the spices mixed with a drizzle of olive oil and season with salt and pepper. Thread the lamb cubes on skewers and sear them in a pan with a drizzle of vegetable oil, 2 minutes on each side over medium heat.

Herbed couscous preparation

Boil water and immerse the herbs for 3 minutes before mixing them. Season with salt and pepper and pour the green water over the couscous. Cover and let stand 10 minutes before fluffing the couscous with a fork.

To serve

In a plate, serve the herbed couscous using a ring mold, add a lamb skewer on top and garnish with diced tomatoes.

Bon appétit!