

Lamb curry and dry fruits couscous.

Recipe for 4 persons



Description

A lamb curry à la minute with vegetables and spicys, going with a dry fruits couscous.

Ingredients

For the curry

- 600 Gr Boneless leg of lamb
- 2 Unit(s) White onion
- 1 Unit(s) Red pepper
- 1 Unit(s) Green pepper
- 30 Ml White wine
- 8 Sprig(s) Fresh cilantro
- Vegetable oil
- Salt and pepper

For the spicy paste

- 1 Unit(s) Jalapeno pepper
- 10 Ml Chili flakes
- 10 Ml Curry powder
- 10 Ml Curcuma
- 10 Ml Coriander
- Vegetable oil
- Salt and pepper

For the couscous

- 200 Ml Couscous
- 200 Ml Vegetable stock
- 2 Unit(s) Dried apricots
- 2 Unit(s) Dry figs
- 15 Ml Raisins
- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **30 mins**

For the preparations

Cut the lamb in 2cm cubes. Dice the onions and the Pepper in small cubes. Empty the jalapeno and cut it really thine. Dice the apricots and figues in small cubes. Chop the cilantro.

For the curry

In a mortar crush the chili and the spices as a paste. Marinate the lamb in this paste for 10 minutes. In a wok or a pan with hot vegetable oil, sauté the onions for 1 minute, add the lamb and sauté it for 1 more minute, when the lamb starts to have a coloration deglaze with the wine and cook it 1 more minute. Add the peppers and sauté it 1 to 2 more minutes.

For the couscous

Bring the stock to boil in a pot, in a bowl work the couscous with some olive oil and pour the hot stock on the top, cover with some saran wrap and let it steam for 20 minutes. After that work it with a fork by adding the dry fruits, season it.

For the plating

In a bowl, put the couscous at the bottom, the curry with the sauce on the top and finish with the cilantro.

Bon appétit!