



Ingredients:-

4 x 7oz lamb rumps

150g x couscous

zest of 1 lemon

50ml x olive oil

cayenne pepper

40g x sultanas

cumin

20g sweet chilli sauce

5g coriander

Method:-

1. Marinate lamb in cumin, sweet chilli sauce, coriander, cayenne, lemon zest and olive oil.
2. Add some lemon zest and olive oil to the dry couscous, add boiling water about 50ml at a time and stir in with a fork.
3. Add water very slowly until the couscous is al dente, then rub between your fingers until individual particles are fluffy.
4. Seal the lamb in a pan and roast for approx 9 minutes at 200C.
5. Rest for 3 minutes and carve.
6. Add water to juices in the pan, reduce for sauce.

Serves four