



Love | Cook | Live



## Garlic lamb

with pita breads and warm pearl couscous salad

Lamb marinated in garlic, pan fried and served in toasted pita breads with warm pearl couscous salad and a good dollop of smooth hummus. Faster and healthier than your usual kebab.

Prep'd and packed for you
crushed garlic
lemon
yellow capsicum
parsley
cherry tomatoes
shallot
Prep'd vegetable stock concentrate
Amelia park lamb
pearl couscous
hummus
pita bread pockets

Prep and cook time	40mins
Calories per serve	

### What you will need from your kitchen

- kettle with boiling water
- mixing bowl
- salad bowl
- frypan

### Avoiding additives..

Most commercial products sold in supermarkets have added artificial colours and flavours used to appeal to your senses, but coming with added health effects such as migraines, skin irritation and behavioural issues in susceptible people. At Prep'd we make our products fresh in our commercial kitchen using only real ingredients. Our vegetable stock concentrate is simply vegetables, rock salt and olive oil. All the taste without the nasties.

Recipe #45

## Prep

fill and boil the kettle

cut the lemon in half. Slice half the lemon into 4 wedges for serving and set the half lemon aside.

place the garlic and lamb into a bowl and set aside to marinate.

## Cook

- 1 wash and quarter the tomatoes and place in the salad bowl. Roughly chop the capsicum into bite sized pieces and add to the bowl. Wash and roughly chop the parsley and add to the bowl.**
- 2 peel and finely chop the shallot. Heat 1 tablespoon olive oil in a large saucepan over med-high heat and saute the onion 1-2 minutes, until softened.**
- 3 add the couscous to the saucepan and stir over medium heat for 1-2 minutes, until the couscous is toasted golden brown. Turn off the heat and (being careful to avoid the hot water spitting) add boiling water from the kettle *1 cup for couples / 2 cups for family*, and the stock concentrate. Stir to combine. Place back on low heat ,cover with a lid or foil, and simmer 6-10 minutes until the couscous is just soft. Stir twice during cooking, scraping along the bottom of the pan with a wooden spoon to avoid the couscous sticking.**
- 4 meanwhile, heat 1-2 tablespoons olive oil in a large frypan over med-high, add the lamb and cook 5-10 minutes or until cooked to your liking. Turn down the heat if necessary to avoid burning the outside.**
- 5 while the lamb is cooking, halve the pita pockets and toast under a grill or in a toaster/sandwich press. Open the pockets gently with a knife prior to toasting.**
- 6 when the couscous is cooked add it to the salad ingredients. Squeeze over the juice from half the lemon, season with salt and pepper and add 1-2 tablespoons olive oil. Stir gently.**

## Serve

Fill the toasted pockets with the lamb, couscous and a good dollop of hommus or serve it all in separate bowls and let everyone put them together themselves. Place a lemon wedge on each plate for an extra squeeze of lemon juice.

## For the kids

Kids love putting together this meal themselves. Cut the lamb pieces smaller for little mouths.

Using your thermomix..