



# lamb chops with couscous

Couscous grains are quite tiny, measuring just 1mm in diameter once cooked. Which is small to us, but quite big from an ant's point of view. Think about it.

This delicious, colourful dish benefits from heavy-handed seasoning and a dollop of the minty raita on p23.

Serves 4

## ingredients

4 lamb chops	A handful of fresh thyme
2 tsp of ground cumin	3 peppers: red, yellow & green, diced
4 tsp of garam masala	1 courgette, diced
Salt	Freshly ground black pepper
Olive oil	A handful of fresh parsley, chopped
200g of couscous	15 cherry tomatoes, halved
1 red onion, chopped	1½ lemons (juice only)
1 fresh chilli, deseeded & finely chopped	Minty raita

## method

Marinate the lamb chops in the cumin, half the garam masala, a teaspoon of salt and a little olive oil. Leave to marinate for as long as you can manage. Then barbecue to suit your taste – charred on the outside and pink in the middle suits us just fine.

Meanwhile, tip the couscous into a pan of just-boiled water – you want the water level to be about 2cm above the couscous. Cover for 5 minutes.

Pour some olive oil into a frying pan and cook the chopped onions until they soften. Add the chilli, thyme, peppers and courgette. Stir in the remaining garam masala and let the vegetables brown a little here and there.

Add the couscous to the frying pan, season heavily with salt and pepper and mix it all together thoroughly with the vegetables.

Add the parsley, tomatoes and the lemon juice. Serve up the couscous with the lamb chops and a dollop of minty raita.