

Name of Food	Ingredients	Method
Moroccan lamb meatballs with harissa & couscous	<ul style="list-style-type: none"> • 2 tsp cumin seeds • 2 tbsp coriander seed • 50g breadcrumbs • 1 garlic clove, crushed • 500g lamb mince • juice 1 lemon • 1 egg, lightly beaten • 20g pack mint, most leaves chopped • 2-3 tbsp sunflower oil • 150ml natural yogurt, to serve • 300g couscous • 50g butter • 2 tbsp harissa - shop-bought or see below, to serve • 	<ol style="list-style-type: none"> 1. Heat a heavy-based pan over a low heat. Add the spices to the pan then toast for 2-3 mins until fragrant. Crush using a pestle and mortar. Set aside. 2. Mix the breadcrumbs with 2 tbsp water and the garlic and stir well. Add the lamb, lemon juice, crushed spices, egg most of the mint. Season well. Mix well then shape into 16 balls. Chill for a good 30 mins. 1. Heat the oil in a frying pan. Fry the balls for 6-7 mins, turning now and then, until golden brown and cooked. Keep warm. Put the couscous in a large heatproof bowl, then rub in the butter and harissa. Pour over 400ml boiling water, cover and leave for 10 mins. Fluff up and season. Shred the remaining mint, then mix through. Serve with harissa and yogurt.