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Beef Brisket Pot Roast





Beef Caldereta




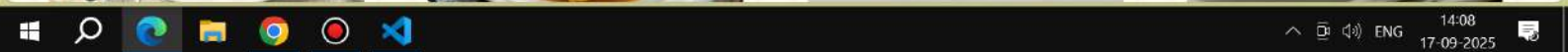
Beef Dumpling Stew











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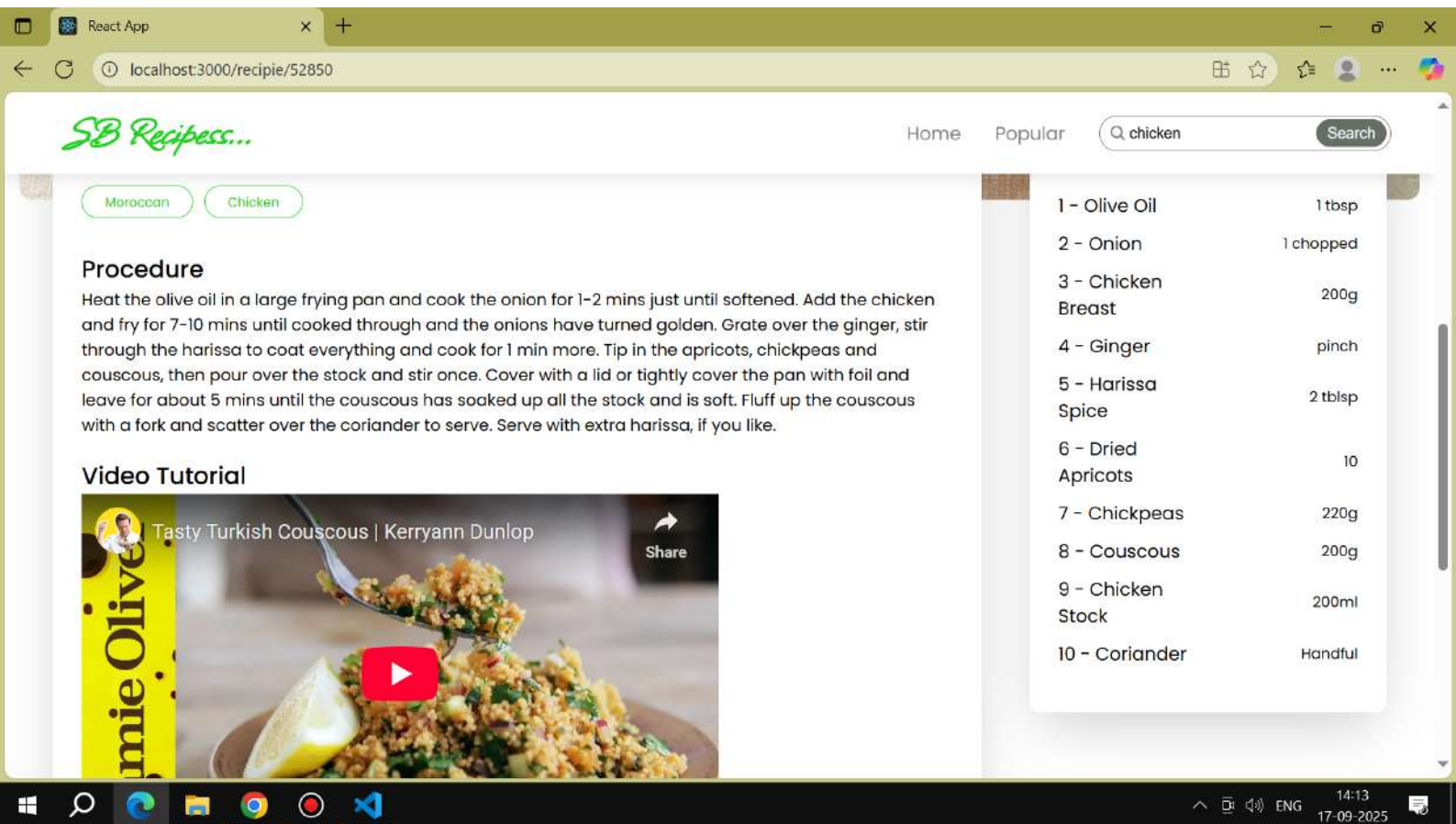


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## Procedure

Heat the olive oil in a large frying pan and cook the onion for 1-2 mins just until softened. Add the chicken and fry for 7-10 mins until cooked through and the onions have turned golden. Grate over the ginger, stir through the harissa to coat everything and cook for 1 min more. Tip in the apricots, chickpeas and couscous, then pour over the stock and stir once. Cover with a lid or tightly cover the pan with foil and leave for about 5 mins until the couscous has soaked up all the stock and is soft. Fluff up the couscous with a fork and scatter over the coriander to serve. Serve with extra harissa, if you like.

## Video Tutorial



- |                    |           |
|--------------------|-----------|
| 1 - Olive Oil      | 1 tbsp    |
| 2 - Onion          | 1 chopped |
| 3 - Chicken Breast | 200g      |
| 4 - Ginger         | pinch     |
| 5 - Harissa Spice  | 2 tblsp   |
| 6 - Dried Apricots | 10        |
| 7 - Chickpeas      | 220g      |
| 8 - Couscous       | 200g      |
| 9 - Chicken Stock  | 200ml     |
| 10 - Coriander     | Handful   |

