

Beef & Lamb Skewers with Couscous with Spices



INGREDIENTS

- 240g **Tipiak Couscous with Spices**
- 400g leg of lamb
- 400g beef
- 3 garlic cloves
- 1 tsp of Ras el Hanout (Moroccan mixed spices)
- 6 tbsps olive oil
- Salt
- 1 courgette
- 1 small red pepper
- 2 peeled tomatoes
- 2 tbsps of canned chickpeas
- 16 cherry tomatoes
- 2 onions
- Grilled sesame seeds

SERVES 4

PREP 30 mins | COOK 40 mins

METHOD

- Dice the lamb & beef & leave to marinate for 1 hr in a dish with 2 crushed garlic cloves, ½ tsp of spices, 4 tbsps of olive oil & some salt.
- Meanwhile rinse & dice the courgette & the red pepper. Peel & crush the remaining garlic. Brown these together in a pan with some olive oil & add the spices & 2 tbsps of water. Cover & cook for 10 mins over medium heat.
- Slice the tomatoes & add to the mix. Then add the chickpeas, salt & pepper. Cover & cook for 5 mins.
- Prepare the **Tipiak Couscous with Spices** as indicated on the pack.
- Meanwhile, prepare the skewers by alternating pieces of meat with cherry tomatoes & the onion slices, sprinkle the skewers with grilled sesame seeds & grill in the oven for 15 mins at 180°C.
- Serve the skewers with the vegetables & the **Tipiak Couscous with Spices**.

Suggestion: You can also grill the skewers on a barbecue for a tastier result.

