



# **DYSPHAGIA MOROCCAN LAMB TAGINE WITH COUS-COUS (DESCRIPTOR C)**

## **METHOD**

1. Heat oil and fry the onion (without colour) for 3-4 minutes.
2. Add the mince and cook for 5 minutes until the mince has browned.
3. Add the cumin, tomato purée and dried apricots.
4. Pour in the Homepride curry sauce then cover and simmer for 1 hour until the meat is tender.
5. Blend to a smooth purée and check consistency.
6. For the cous-cous, add the water/stock to a pan and bring to the boil.
7. Gradually whisk in the semolina, salt and cumin to the water.
8. Reduce the heat and cook for 2 minutes, whisking constantly until thickened.
9. Serving suggestion: top the semolina with the lamb and serve with thickened natural yoghurt.