







Recipe Details

Recipe Name : Libyan Soup With Couscous
Recipe Category:
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Created : February 16, 2015
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Portions : 6






Weight (Per Portion)

One portion of this dish weighs approximately 242.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Lamb, cutlets, raw	175 Gram	
Couscous, uncooked	50 Gram	 Gluten
Coriander, seed	1 Teaspoon Heaped	
Cumin, seed	1 Teaspoon Heaped	
Oil, peanut (Groundnut)	2 Tablespoon	 Peanuts
Onions, raw	1 Large	
Garlic	2 Clove	
Salt, sea	1 Teaspoon	
Allspice, ground	1 Teaspoon Heaped	
Chilli, powder	2 Teaspoon Heaped	
Tomato, puree	150 Gram	
Sugar, caster	2 Teaspoon	
Stock, lamb, liquid	1 Pint US	 Gluten  Celery
Chickpeas, canned	110 Gram	
Parsley, raw	1 Tablespoon	
Mint, fresh	1 Tablespoon	
Salt, table	1 Pinch	
Carrots	100 Gram	

Recipe Alerts

Special Dietary Requirements Suitability:	 Kosher  Halal
Allergen Warnings:	 Gluten  Peanuts  Celery

Recipe Method

1. Begin by pre-heating a small frying pan over a medium heat, then add the coriander and cumin seeds and dry-roast them for about 2-3 minutes, moving them around the pan until they change colour and begin to dance. This will draw out their full spicy flavour. Now crush them quite finely with a pestle and mortar.
2. Next, heat 1 tablespoon of the oil in a large (6 pint/3.5 litre) saucepan and gently cook the onion until soft and lightly browned, for about 5 or 6 minutes, then add the crushed garlic and sea salt and let that cook for another 2 minutes. After that, add the crushed seeds, the allspice and chilli powder and stir them into the juices in the pan. Now transfer all of this to a plate and keep it aside while you heat the other tablespoon of oil in the same pan until it's very hot. Then add the pieces of lamb and brown them, quickly turning them over and keeping them on the move.
3. Turn the heat down and now return the onion and spice mixture to the pan to join the meat, adding the tomato pur.

