

## Moroccan Lamb with Steamed Couscous

*Try this all-star, easy-to-follow Moroccan Lamb Tagine with steamed couscous and vegetables at home. Cooking a classic meal is this simple!*

### Ingredients:

#### **Lamb Tagine**

1 pound (454 g) lamb shoulder, cubed 1" (3 cm)

1 medium (400 g) onion, chopped

2 cloves (5 g) garlic, chopped

1 tbsp (15 ml) olive oil

2 cups (400 g) canned tomatoes, diced

1 ½ cups (375 ml) chicken stock

1 oz (30 g) dried apricots 6-8 pieces, quartered

1 oz (30 g) dates, 5-6 pieces quartered

1 ½ oz (45 g) almonds, slivered

1 cinnamon stick

2 tbsp (30 ml) fresh mint, chopped (about 8 leaves)

½ tsp (2 ½ ml) ground ginger

1 tsp (5 ml) paprika

1 tsp (5 ml) black pepper

½ tsp (2 ½ ml) cayenne pepper

1 tsp (5 ml) turmeric

¾ tsp (3 ¾ ml) salt (or less if you are using bouillon cubes for the chicken stock)

¼ cup (60 ml) parsley, chopped

Directions:

1. Place the garlic, onions, olive oil and lamb in the multi cooker pan, put the pan into the multi cooker, close the lid and select the Steam setting, press Start.
2. Once you hear the beep, press Stop, open the lid, place the remaining ingredients, except the parsley, in the pan, close the lid, select the Stew setting, adjust the timer to 1.5 hours, and press Start. Meanwhile, cut and measure ingredients for vegetables and couscous.
3. Once you hear the beep, open the lid, remove the pan from the multi cooker and place the lamb in another vessel to keep warm for 15 minutes while the couscous and vegetables are cooked.

**Steamed Couscous and vegetables**

- 1 cup (200 g) couscous
- 2 cups (500 ml) chicken stock
- 2 med shallots (¼ cup/60 ml)
- 2 tbsp (30 ml) butter
- ½ tsp (2.5 ml) black pepper
- ½ tsp (2.5 ml) salt
- ½ medium red pepper
- ½ medium green pepper
- 1 large carrot, sliced on bias, ¼" (5 mm) thick
- 1 medium Zucchini, sliced ½" (10 ml) thick
- 20 green beans

Directions:

4. Place the butter, shallots, salt and pepper in the multi cooker pan. Arrange the vegetables in the steaming basket. Place the steaming basket in the pan then put the pan into the multi cooker. Close the lid, select the Steam setting, and press Start.
5. Once you hear the beep, open the lid, lift the steaming basket out of the pan and add the couscous. Stir, replace the steaming basket, close the lid and wait 3-4 minutes until the couscous has absorbed all of the liquid.
6. To serve, place a couple of spoonfuls of couscous on a plate, form into a ring, arrange the vegetables over the couscous, place the lamb tagline into the center, sprinkle with the chopped parsley.