

## Grilled lamb chops with mint and fruity couscous

Serves: 4

### Ingredients

8 Northern Ireland Farm Quality Assured lamb chops or lamb leg steaks

### Marinade

4 x 15ml spoons (4 tbsp) olive oil  
1 clove garlic  
2 x 5ml spoons (2 tsp) mint sauce  
1 x 2.5g spoons ( $\frac{1}{2}$  tsp) chilli flakes  
Black pepper

### Couscous

200g couscous  
1 x reduced salt chicken stock cube  
1 red onion  
1 clove garlic  
1 x 15ml spoon (1 tbsp) fresh coriander  
1 x 15ml spoon (1 tbsp) fresh mint  
 $\frac{1}{2}$  pomegranate (optional)  
1 x 15ml spoon (1 tbsp) olive oil  
1 x 2.5g spoon ( $\frac{1}{2}$  tsp) chilli flakes  
80g dried cranberries  
100g wild rocket leaves  
Black pepper

### Dressing

2 x 15ml spoons (2 tbsp) honey  
2 x 15ml spoons (2 tbsp) light olive oil  
1 x 15ml spoon (1 tbsp) red wine vinegar  
1 x 2.5g spoon ( $\frac{1}{2}$  tsp) chilli flakes

### Equipment

Chopping boards, garlic crusher, measuring spoons, small mixing bowls, mixing spoons, knife, measuring jug, kettle, large mixing bowl, mixing spoons, large frying pans, tin foil, serving bowl, fork.

### Method

1. Peel and crush the garlic.
2. Mix the olive oil, garlic, mint sauce and chilli flakes in a bowl. Season with black pepper.
3. Place the lamb chops into the marinade and leave for 10 minutes. Remember to thoroughly wash your hands after handling raw meat.
4. Put the couscous into a large bowl.
5. Boil the kettle and pour 250ml of water over the stock cube and stir to make up the stock.
6. Pour the stock over the couscous, stir and leave to cook for 10 minutes.



7. Peel, and chop the onion. Peel and crush the garlic.
8. Finely chop the coriander and mint.
9. Using a large spoon, tap the back of the pomegranate to remove the seeds.
10. Heat 1 x 15ml spoon olive oil in a frying pan and fry the onions until soft. Add the crushed garlic, chilli flakes and cranberries and cook for 3 minutes.
11. Add the onions, garlic, chilli flakes and cranberries to the couscous and stir. Cover with tin foil to keep warm.
12. Heat a frying pan, remove the lamb chops from the marinade and fry for 4-5 minutes on each side.
13. Remove the lamb chops from the pan and cover with tin foil to rest for 2 minutes. Check that the chops are thoroughly cooked and there are no pink juices.
14. In a small bowl mix the honey, light olive oil, red wine vinegar and chilli flakes together to make the dressing.
15. Remove the foil from the couscous, add the pomegranate seeds and rocket leaves. Pour over the dressing and mix.
16. Remove the lamb chops from the foil and serve with the couscous.