



Moroccan Cous Cous

Cous Cous flavoured with ras-el-hanout and studded with fruit and almonds. This makes a great accompaniment to the Moroccan lamb tagine.

Serves : 4 as an accompaniment

Preparation Time : 5 - 10 minutes

Cooking Time : 5 minutes

Ingredients

8 oz / 225g cous cous

8 fl oz / 225ml orange juice

1 tbsp sunflower oil

2 oz / 55g dried, ready to eat pitted dates, chopped

2 oz / 55g dried, ready to eat apricots, chopped

2 oz / 55g raisins

2 oz / 55g slivered almonds

Herbs & Spices

2-4 tsp Ras-el-Hanout

Cooking Instructions

If you are using ready to eat fruit, it should be soft enough to use without soaking. If you are not, you may want to soak the fruit until plumb before making this dish.

Heat a frying pan over a medium-high heat and dry fry the almonds until just starting to brown. Remove and set aside.

Heat the oil in a saucepan and fry the ras-el-hanout gently for approximately 1 minute until fragrant. Take care not to burn it. Add the fruit and cover with 8 fl oz / 225ml water. Add the orange juice and bring to the boil. Add the cous cous, mix through, cover and let it stand for 5 minutes or until done.

Stir in the almonds before serving.