

# Moroccan Spiced Mince with Couscous

## Ingredients

1 tbsp oil  
1 onion  
350g pack Beef/lamb/Quorn Mince  
1 tbsp cumin  
1 tsp round cinnamon  
2 tsp ground turmeric  
100g ready to eat dried apricots  
1 vegetable stock cube  
280g couscous  
1 lemon & 4 tbsp. fresh mint



## Method

1. Peel, slice and dice the onion. Chop the apricots into small pieces.
2. Make the stock up to 500ml.
3. Place the couscous into a small glass bowl and add approx.

## Equipment

large saucepan  
chopping board  
vegetable knife  
measuring jug  
teaspoon  
wooden spoon

400ml boiling water. Leave to stand whilst you prepare the rest.

4. Heat the oil in the pan and fry the onions for 2 mins. Add the mince and spices, mix well.
5. Add the apricots and stock, then leave to simmer for 10 - 15 mins.
6. Add the grated zest of a lemon and chopped mint to the couscous.
7. Place the couscous into the serving dish and top with the mince mixture.
8. Garnish with fresh mint leaves.