



Moroccan Baked Lamb Chops With Butternut And Couscous



Servings: 4

Prep Time: 20min

Cook Time: 30-40min

Ingredients

- 12 lamb chops
- 500 grams butternut, cubed
- 1 large onion, sliced
- 2 tsp ground cinnamon
- 2 tsp ground cumin
- 2 tsp ground coriander
- 3 ml dried chillies flakes
- 1 glug olive oil, for roasting
- 1 dash salt and milled pepper
- 2 cups chicken stock, heated
- 1 cup couscous
- 1 packet mint, (30g)

Directions

1. Preheat oven to 180°C.
2. Toss chops, butternut, onion and spices together with a glug of oil in an ovenproof dish.
3. Season and roast for 30 to 40 minutes.
4. Stir in stock and couscous.
5. Cover and leave to rest for 15 minutes.
6. Fluff couscous with a fork, stir through mint and serve.

Ideas

7. Replace the butternut with any selection of ready prepared roasting vegetables. Use chicken pieces instead of lamb. Use coriander instead of mint.