

Recipe of the Month

A delicious warm salad of Merguez sausage, pearl couscous, harissa with lemon, mint and yogurt dressing.

Serves: 4
Cooking time: 20 minutes

Ingredients

360g Merguez sausage
50g Giant Israeli cous cous
2g Chicken stock
50g Ripe plum tomatoes
80g Baby mix leaf
20g Lemon vinaigrette
8g Parsley
12g Mint
20g Dried apricots
20g Pine nut kernels
80ml Natural yoghurt
8g Harissa
8ml Lemon juice

Mise en place

- 1 Fine chop parsley.
- 2 Dice the apricot into 0.5cm cubes.
- 3 Toast pine nuts.
- 4 Pick and chop half the mint - mix with yoghurt, harissa, salt and lemon juice.
- 5 Blanch the tomatoes in boiling water then into iced water. Skin and roughly chop.

Method

- 1 Boil 100ml of water (twice the quantity of cous cous) - add chicken stock powder, olive oil and a pinch of salt.



Salade Marocaine

- 2 Add the cous cous and simmer for 2 to 3 minutes then cover and let it steam for 10 minutes.
- 3 Once cooked, mix cous cous with chopped parsley and diced tomatoes.
- 4 Grill the sausage until golden and crispy and cut into four pieces on the angle.
- 5 Toss leaves with lemon dressing in a mixing bowl and then separate into four small dishes.
- 6 Spoon warm cous cous on to the salad and then place four pieces of sausage on top of each.
- 7 Drizzle yoghurt dressing over the top and garnish with crushed pine nuts, apricots and remaining freshly chopped mint.

Chef's Tip

Try barbecuing lamb cutlets marinated in harrissa and serving with cool mint yoghurt for a great summer meal outdoors.

Bon appétit!