

INGREDIENTS

- 550g lamb leg diced
- 1 tbsp olive oil
- 1 - 2 tsp harissa paste
- 5 cm piece of ginger peeled & grated
- 1 onion grated
- Cumin
- Tin of chickpeas
- Rice
- Couscous
- Apricots

METHOD

In a large bowl add lamb, then add oil, cumin, harissa, ginger and onion and season well with sea salt and freshly ground black pepper. Toss it all together using your hands till lamb is well coated.

Heat a large non-stick deep-sided frying pan add lamb and cook till no longer pink. Stir in chickpeas, then pour over 900ml or enough water and bring to boil. Boil for 10 mins then reduce to a simmer and cook for about an hour or a bit less, like.

Do with couscous or rice.