



Roast rack of lamb with couscous

Rack of lamb is easier to cook than you might think, and it looks amazing served up on this herby couscous.

Serves 4

250g/9oz couscous
olive oil

an 8-bone rack of lamb,
French trimmed and
scored

sea salt and freshly
ground black pepper

1 small red onion, finely
sliced

1 red pepper, finely sliced

2 cloves garlic, finely
chopped

1 red chili, deseeded and
finely sliced

a handful of fresh flat-leaf
parsley, stalks chopped
and leaves put to one side

3 handfuls of ripe red and
yellow tomatoes, chopped

small handful black olives,
stones removed and
roughly chopped

small handful dried
apricots, finely chopped

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PROFESSIONAL SERIES

by **TEFAL**

Preheat your oven to 200°C / 400°F / gas 6.

Pour your couscous into a bowl, pour boiling water over it until it's just covered, and put to one side.

Heat your TEFAL pan until nice and hot and add a splash of olive oil. Season the rack of lamb well with salt and pepper and carefully brown on all sides in the hot oil. Remove from the pot and put to one side.

Add the onion, pepper, garlic, chili and parsley stalks to the hot oil and sauté gently until lightly browned.

Add the tomatoes and olives and season well with salt and pepper. Fork through the couscous, which by now should have absorbed all the water, add the apricots and sprinkle it over the tomatoes with a little more salt and pepper. Place the rack of lamb on top of the couscous and put the pan in the preheated oven.

After 20 minutes or so, the lamb should be nice and pink and the couscous cooked and fluffy. Roughly chop the parsley leaves. Let the dish rest for 5 to 10 minutes before sprinkling with the parsley leaves and serving.