



Mango Glazed Lamb Skewers with Herby Mango Cous Cous Salad

For the Lamb Skewers:

500gm Lamb Leg – Cut into 2cm dice
1 yellow capsicum – de-seeded and cut into 2cm squares
2ts Salt
2Tbs Olive Oil
Mango Glaze (for basting and extra to serve)
Skewers (metal or wooden)

Method

If using wooden skewers, soak in hot water for 1 hour to prevent burning when grilled. Dice lamb and place in a bowl with salt. Set aside for 15 mins.

Pre-heat BBQ or grill pan over medium high heat.

Thread lamb and capsicum onto skewers, alternating between meat and vegetable. Brush with oil and cook, basting with mango glaze until cooked through and glaze is sticky and caramelised (3-4 minutes each side for medium or until cooked to your liking).

For the Mango Glaze:

1 mango – flesh removed and roughly chopped
1 hot chilli – de-seeded and chopped
1 lime – zest and Juice
8-10 mint leaves
pinch of salt
1 ts grated ginger
1 Tbs honey

Method

Combine all ingredients in a food processor or blender. Blitz until pureed and well combined.

For the Salad:

1 1/2 Cups Cous Cous
1 1/2 Cups Water
1Tbs Olive Oil (plus extra to serve)
1 ts Salt
1 Mango – flesh removed and diced
2 cups loosely packed herbs – parsley, mint, coriander
1/3 cup flaked almonds – toasted
1 Lemon – zest and juice

Method

Place water and salt in a small saucepan and bring to a boil. Remove from heat and stir in cous cous and oil. Cover and set aside for 5 minutes until liquid is absorbed. Fluff with a fork to separate.

Meanwhile, toast almond in a pan over medium heat until lightly golden. Remove from pan and set aside to cool.

In a serving bowl combine cous cous, diced mango, almonds, herbs and lemon juice. Gently stir to combine and drizzle with olive oil.

To Serve

Serve lamb skewers on a bed of herbie mango couscous and extra sauce from the mango glaze on the side.

