

## Pomegranate Lamb Fillets on Saffron Couscous

Emma E. Pears

### Lamb

8 lamb fillets  
1/3 cup Cortas Pomegranate concentrated juice  
¼ cup York olive oil  
1 tsp Ras El Hanout  
½ lemon, juiced  
Horizon Salt flakes  
1 lge sweet potato, diced  
½ cup pine nuts, toasted  
Flat leaf parsley

Combine all ingredients except sweet potato and pine nuts in a bowl. Mix to coat all fillets and leave overnight if possible or 2 hours. Heat oven to 170° C. Coat sweet potato in olive oil, and then bake in a roasting pan for 15 minutes. Take the pan from the oven, move the sweet potato to the side and lay the lamb fillets in the centre and sprinkle with Horizon salt. Return the pan to the oven and bake for 15 minutes or until the lamb is cooked to your liking.

While the lamb is roasting prepare the couscous.

### Saffron Couscous

2 cups Israeli couscous (sometimes called pearl pasta)  
3 tbs York olive oil  
1 onion, finely diced  
2 cloves garlic, crushed  
2 tbs Marigold Bouillon vegetable stock powder  
4 cups water, boiled  
pinch Krokos saffron threads  
pepper, ground

Steep the saffron in two tablespoons of cool water; set to the side. In a 2 litre saucepan sauté the onion in oil until just soft. Toss in garlic and fry gently, do not brown. Pour 4 cups of boiling water into a heatproof jug, stirring in the stock powder.

Roll the couscous around in the saucepan, with the onion, and cook until lightly browned. Stir in the stock, saffron and ground pepper, then cover and simmer for 8-10 minutes. Lift lid and check to determine if the couscous is al dente. Remove lamb and sweet potato from the oven and rest in a warm spot while you finish the couscous. Slice the lamb fillets on an angle. Place a hearty serving of couscous on the centre of a plate and lightly pile the lamb and sweet potato on top. Drizzle any juices from the lamb over and scatter with torn flat leaf parsley and pine nuts. Serve with a rocket and green leaf salad.

Serves four.