

LAMB SHANK



Flat Bread



INGREDIENTS

Big Al's Lamb Shank, naan bread, 20g chopped parsley, 100g yoghurt, 2tbsp tahini, 2tbsp honey, 50g diced carrot, 30g diced red onion, 1tsp ground cumin, 1tsp paprika, 20g raisins, 80g dried couscous, salt.

WHAT TO DO

For the Tahini Yoghurt:

1. Mix the yoghurt, tahini and honey together and set to one side.

For the Couscous:

1. In a large heat-proof bowl, mix the carrots, onion, cumin, paprika, raisins, dried couscous and salt.
2. Cover in boiling water and cover the bowl with cling film and leave to soak for 5-6 minutes.
3. Remove cling film and fluff grains with a fork. Salt to taste.

For the Lamb Shank:

1. Cook the Lamb Shank as per packaging instructions.
2. When cooked, shred the meat off the bone.

To Serve:

1. Warm the flatbread as per packaging instructions and place on a plate.
2. Add 2-3 tbsp of couscous, top with the Lamb Shank, and drizzle over the yoghurt. Finish with chopped parsley.