

LAMB AND COUSCOUS SALAD



Time
20 min



Servings
4

Calcium Recommended Daily Intake
5,9%

Calories

552

Calcium

80mg

Protein

29g

Vitamin D

0 IU

Ingredients

- 300g of minced lamb
- 1.5 cups of dry couscous
- 1.5 cup of chickpeas, drained
- 2 tbsp of olive oil
- 4 cloves of garlic
- 1/3 cup of onion
- 1 tsp of cumin
- 1 tsp of cinnamon
- 1 tsp of turmeric
- 1/2 tsp of coriander
- Cayenne pepper to taste
- 200ml of low sodium vegetable broth or stock
- Lemon wedges and parsley to serve

Instructions

1. Cook couscous as directed. Once cooked, set aside to cool.
2. Add chopped onions, garlic and olive oil to a large pan on medium heat and sauté.
3. Add minced meat to the pan and separate, add spices and lightly cook until brown.
4. Add broth and chickpeas bringing liquid to a boil, stir regularly.
5. Once reduced, add couscous, remove skillet from heat and cover to cool for 5 minutes.
6. Fluff with a fork and serve with lemon and parsley.



Find more calcium rich recipes:
<https://www.osteoporosis.foundation/patients/recipes>