



MOROCCAN RACK OF LAMB



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MAIN INGREDIENTS:

- Rack of lamb (about 3 per person)
- 200g cous cous
- 1 red onion
- 3 peppers, finely chopped
- Feta cheese
- Cherry tomatoes
- Salt & pepper
- Olive oil (to rub lamb)
- Tzatziki
- Fresh basil
- Rosemary

METHOD:

1. Place 300ml water onto boil and add the CousCous - cook for 20-25mins
2. Chop your onion and peppers and place in oven to roast for 20-30mins
3. Rub your lamb with olive oil, salt and pepper and add some rosemary stalks. place in hot oven for 20mins (for pink)
4. Once the CousCous is cooked, remove and drain, then add the veg once that's cooked
5. Then add feta, cherry tomatoes (cut in half) and fresh basil.
6. Once happy with lamb, remove from oven, place onto a wooden board and let it rest for 5.
7. Cut the racks so they're individual cutlets.
8. Add desired amounts of food onto plate and serve.

HOW MUCH SHOULD I HAVE?

3 cutlets MAX as Lamb is fatty, and about 2-3 tablespoons of the Couscous.

However, it makes GREAT eat up's for lunch the next day so I recommend cooking more and saving some for next day!!



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