

Couscous Casablanca

Ingredients

- 12 oz lean boneless leg of lamb or boneless, skinless chicken breasts, cut into 1-inch pieces
- 1-2 tsp curry powder
- 1/2 tsp salt (optional)
- 3 tsp olive oil, divided
- 1 large onion, chopped
- 1 cup thinly sliced carrots
- 2 cloves garlic, minced
- 1 can (13.75 oz) reduced-sodium chicken broth
- 1 cup Near East® Original Plain Couscous
- 2-4 tbsp chopped cilantro
- Plain low-fat yogurt
- Chutney

How to make it

1. Toss meat with curry powder and salt. In large nonstick skillet, heat 1 ½ tsp oil over medium-high heat. Add meat mixture; cook 5 to 6 minutes or until browned on all sides. (Lamb should be pink in center. If using chicken, cook 7 to 8 minutes or until chicken is no longer pink inside.) Remove from skillet; set aside.
2. In same skillet, heat remaining 1 ½ tsp oil over medium heat. Add onion, carrots and garlic; cook 5 minutes, stirring occasionally. Add broth; bring to a boil. Cover; simmer 5 to 7 minutes or until carrots are tender.
3. Stir in couscous and reserved meat; bring to a boil. Cover; remove from heat. Let stand 5 minutes. Stir in cilantro. Serve with yogurt and chutney.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	20 min	35 min	6

Made with



Near East® Original Plain Couscous