

Moroccan prawn harissa

Prawns can be expensive to buy but this dish is so full of flavour it doesn't need the most expensive jumbo king prawns you can find. Compare prices between fresh and frozen as either can be used in this dish (although if you want to freeze this make sure you buy raw fresh/frozen prawns). It also doesn't matter what size prawns you use, often the smaller the prawn the less expensive they are.

Total prep & cooking time 10 minutes

Quantity 4 portions (eat 2 and freeze 2)

Tools Non-stick frying pan, garlic crusher.

300g couscous	}	<i>Cook according to packet.</i>
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2 small onions, diced 4 garlic cloves, crushed 2 heaped tsp ground cumin *	}	<i>Fry in oil for 2 mins.</i>
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4 tsp harissa paste 2 x 400g tin chopped tomatoes 400g raw peeled prawns	}	<i>Stir in. Cook 5 mins then remove from heat.</i>
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1 large bunch coriander, chopped	}	<i>Stir in and serve.</i>
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Storage: Airtight container in fridge for 2 days. Freezes well only if the fresh/frozen prawns are raw when you cook them.

*I tend to buy pre ground spices, as these are quicker to use. If you want to add more flavour to your food then the quickest and easiest way is to use a very basic and cheap coffee grinder to freshly grind whole spices. I found one on Amazon for under £10 and it even grinds flax seeds (which I couldn't grind with a pestle & mortar).

Free from dairy and lactose.