

Lamb Shawarma

Serves 4

Prep time: 30 minutes plus 24 - 48 hours to marinade

Cooking time: 4-6 hours

Ingredients

1 lamb shoulder, bone in
1 tbsp ground cumin
1 tbsp ground coriander
1 tsp smoked paprika
1 tsp of medium chilli powder (or hotter if you prefer)
½ tsp ground ginger
½ tsp freshly grated or ground nutmeg
½ tsp garam masala
¼ tsp ground turmeric
¼ tsp garlic powder
300g plain yogurt
5g of **Suölo Reduced Sodium Sea Salt, Black Pepper & Chilli** per 1kg of lamb shoulder
2/3 pitta bread toasted
200g couscous
200ml water
25g fresh coriander
1 yellow pepper, diced
1 red pepper, diced
60g sweetcorn

For the Raita

½ cucumber, deseeded and grated *see Chef Tips
3 tbsp plain yogurt
2 chopped garlic cloves
Juice and zest of 1 lemon
3-5 mint leaves, chopped

Method

1. Mix all the dry ingredients together and toast lightly in a frying pan for 2 minutes - shake the pan regularly to avoid burning
2. Add the dry mix salt and half the lemon juice and zest to the yogurt
3. Marinade the lamb for 24 -48 hours
4. Heat the oven to 120°C/100°C Fan/Gas 1-2 and cook the lamb for 4-6 hours until you can easily push a knife through the meat without resistance.
5. Place the couscous in a container and fill with cold water allowing approx. 15 minutes for the couscous to soak up the water.
6. Pan fry the sweetcorn until golden brown then add the red and yellow peppers and cook them on a gently heat until soft.
7. Add the couscous once completely hydrated to the pan of sweetcorn and peppers and gently warm through
8. Prepare the raita by mixing all the ingredients in a bowl *
9. Serve sliced or chopped lamb on a bed of couscous and spoon over roasting juices. Serve the dish with pitta bread and raita. Garnish with fresh coriander leaves

Chefs Tips

- You can salt the cucumber for 20 minutes and allow to drain before adding to the raita to increase shelf life and reduce the chances of making it watery