



Chermoula

Ingredients - Serves 4

4 Calamari steaks

200gms couscous

250ml (1 cup) hot chicken or vegetable stock

3 tblspns chopped Pistachios

400gms Chick Peas, rinsed and drained

2 tblspns virgin olive oil

2 tblspns lemon juice, zest Harissa (Tunisian Chilli paste from the Middle East)

3tblspns coriander leaves, coriander and parsley stalks – chopped finely

Chermoula ingredients:

3 garlic cloves 1 small diced red onion

2 tspns ground cumin

½ tspn ground coriander

1 tspn sweet smoked paprika

½ tspn dried chilli flakes

½ tspn ground turmeric

Juice of 2 lemons

3-4 tblspns olive oil

Method:

While you are making this, score the calamari steaks

Place in a bowl with olive oil, garlic, coriander and parsley stalks, lemon zest and cover with cling wrap and refrigerate for one hour In a food processor place all the Chermoula ingredients above and slowly add in the olive oil to form a paste

Remove the Calamari steaks from their marinade, wiping excess off by sliding them against the sides of the bowl Spread the Chermoula paste over each steak – cover and refrigerate while you prepare the couscous

Place couscous in a heatproof bowl and pour over the hot stock – cover for 5 minutes

Fluff couscous with a fork, add herbs, garlic, nuts, chick peas and lemon juice – season to taste

Heat a grill plate and char grill steaks both sides until they are white

Plate the couscous, slice steak at 45 degree angle and place on top of the couscous

Serve with lemon wedges and Harissa paste.