



Couscous, a staple in North African cuisine, is actually a very fine semolina pasta. Its origins date back to the 9th century East Africa where archaeologists discovered tools used for making it.

Ingredients:-

10 Ounces of Kind Prawns

4 Cloves Garlic

1 Bunch Spinach

1 Carrot

1 Bunch Parsley

1 Lemon

4 to 5 stoned Dates

3 to 4 Prunes

1 Small Red Onion

1 Tablespoon Ras El Hanout (African spice mix)

$\frac{1}{4}$ Cup Almonds

1 Cup Couscous

1 tin of chopped tomatoes

Method:-

- (1) Peel and mince the garlic. Roughly chop the spinach, dates, prunes, and almonds. Peel and dice the carrot and red onion. Pick the parsley leaves off the stem. Cut the lemon into 4 wedges and remove the seeds. Place the prawns in a medium bowl and drizzle them with a little olive oil. Sprinkle in the ras el hanout and season with salt and pepper.
- (2) In a small pot, heat 1 cup of water and a pinch of salt to boiling. Once the water comes to a boil, stir in the couscous and remove from the heat. Cover and let stand for 4 to 5 minutes, or until all of the water is absorbed. Fluff the finished couscous with a fork.
- (3) Add the chopped almonds to a medium, dry pan. Heat on medium-high for 1 to 2 minutes, or until golden and fragrant, stirring frequently. Transfer the almonds to a bowl.
- (4) In a medium pan, heat a little olive oil on medium-high heat until hot. Add the onion, carrot, and garlic and cook for 3 to 5 minutes, or until the onion and carrot are softened, stirring occasionally. season with salt and pepper.
- (5) To the aromatics, add the spinach and cook for 30 seconds to 1 minute, or until wilted; season with salt and pepper. Add the tomatoes, cooked couscous, dates, prunes, almonds, half the parsley (tear the leaves just before adding, if you'd like), and $\frac{1}{4}$ cup of water. Add a drizzle of olive oil and season with salt and pepper to taste. Cook 2 to 3 minutes, or until heated through. Remove from the heat and add the juice of 2 lemon wedges. Set aside while you cook the king prawns.
- (6) In a separate medium pan, heat a little olive oil on medium-high until hot. Add the coated shrimp and cook 2 to 3 minutes per side, or until cooked through and opaque, stirring occasionally. Remove from heat squeeze the juice of the remaining lemon wedges over the prawns. To plate your dish, divide the couscous mixture between 2 dishes and place the prawns on top. Garnish with the remaining parsley.