

EASY MORROCCAN STYLE LAMB PASTILLAS

Crispy filo pastry cigars filled with spicy lamb mince and couscous for a sweet-savoury sensation, served with a yogurt dip and a fresh green salad.



SERVES
4 - 6 servings



PREP TIME
20 minutes



COOK TIME
40 minutes



TOTAL COOK TIME
1 hour

LAMB FILLING

- 1/3 cup Couscous
- 1/3 cup Lamb/chicken stock
- 1 tablespoon Olive oil
- 1 clove Garlic, finely chopped
- 1 teaspoon Ground turmeric
- 1 teaspoon Ground cinnamon
- 1 teaspoon Ground cumin
- 1 teaspoon Ground coriander
- 1/4 teaspoon Ground allspice
- 1 small Onion, finely chopped
- 400 g Lamb mince
- 4 tablespoons Feta cheese, crumbled
- 3 tablespoons Sultanas
- 2 tablespoons Honey
- 2 tablespoons Parsley, finely chopped
- 1 teaspoon Salt
- 1 teaspoon Freshly ground black pepper

PASTRY

- 8 sheets Filo pastry
- 4 tablespoons Melted butter/ghee
- 1/4 cup Flaked almonds
- 1/4 cup Sesame seeds
- 1 teaspoon Icing sugar
- 1/2 teaspoon Ground cinnamon

DIP

- 1 cup Greek yogurt, plain
- 1/4 English cucumber, grated and drained
- 1/4 cup Fresh mint, finely chopped
- 1/4 teaspoon Salt
- 1 tablespoon Olive oil
- 1 teaspoon White wine vinegar



Prepare the lamb filling:

1. Place the couscous in a bowl. Heat the stock and pour over the couscous, cover and leave to stand for 10 minutes.
2. Heat the oil in a large pan over medium heat, add the garlic, turmeric, cinnamon, cumin, coriander and allspice and cook gently for 1-2 minutes. Add the onion and cook until soft.
3. Add the lamb mince to the spice mixture and increase the heat. Cook until mince is cooked through, about 10 minutes.
4. Pre-heat the oven to 180°C. Line a baking sheet with baking paper.
5. Add the crumbled feta, couscous and sultanas to the mince mixture and season with salt and pepper. Leave to cool.

Prepare the pastillas:

6. Place 1 sheet of filo pastry on a board, whilst keeping the other sheets covered with a cloth to prevent them from drying out.
7. Brush the pastry lightly with the melted butter. Place a $\frac{1}{4}$ cup of filling alongside the short side of the pastry. Roll it up a third of the way, then fold the sides in over the filling and continue rolling up to form a cylinder.
8. Place the pastilla with the seam down on the prepared baking sheet. Cover with a towel and continue rolling up the remaining pastillas.
9. When all the pastillas have been rolled up, brush them with the melted butter, sprinkle with almond flakes and sesame seeds and sift the icing sugar and cinnamon over each pastilla.
10. Bake for 25 minute until crispy and golden brown.
11. Prepare the dip while the pastillas are baking. Place the yogurt in a bowl, add the grated cucumber and the chopped mint. Season and add the oil and vinegar, mix to blend.
12. Serve the pastillas hot or room temperature with the dip and a green salad.

