

# Couscous Royale (Couscous with Grilled Meats)

Yield: 8 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/roasted-japanese-turnip-recipe>

## Ingredients:

- 1/3 cup olive oil
- 12 ounces lamb shoulder boneless, trimmed and cut into 1? pieces
- kosher salt
- freshly ground black pepper
- 1/2 cup flour
- 4 cloves garlic finely chopped
- 2 medium carrots peeled and cut into 1/4?-thick slices
- 2 rib celery roughly chopped
- 2 holland chiles small red, stemmed, seeded, and chopped
- 1 medium yellow onion roughly chopped
- 1 white turnip medium, peeled and cut into 1? pieces
- 1 medium zucchini cut into 1? pieces
- 1/2 cup golden raisins
- 2 tablespoons tomato paste
- 1 teaspoon paprika
- 1/2 teaspoon ground ginger
- 1/4 teaspoon saffron threads crushed
- 2 sticks cinnamon
- 2 bay leaves
- 4 cups chicken stock
- 1 cup dried chickpeas soaked overnight, drained
- 15 ounces whole peeled tomatoes in juice, crushed by hand
- 1 head cabbage cored and roughly chopped
- 1 bunch parsley finely chopped
- 1 lemon juiced
- 1 pound ground lamb
- 3 tablespoons ground cumin
- 6 cloves garlic minced
- 1 small onion grated
- 1 bunch cilantro minced
- 1 egg

- kosher salt
- freshly ground black pepper
- 1 pound boneless, skinless chicken thighs cut into 1? x 2? pieces
- 8 lamb chops baby
- 8 merguez sausages
- 4 tablespoons unsalted butter
- 3 tablespoons olive oil
- 3 cups couscous fine-grain
- harissa for serving

## **Nutrition:**

1. Calories: 1230 calories
2. Carbohydrate: 104 grams
3. Cholesterol: 225 milligrams
4. Fat: 58 grams
5. Fiber: 16 grams
6. Protein: 73 grams
7. SaturatedFat: 21 grams
8. Sodium: 800 milligrams
9. Sugar: 13 grams

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