

# pan-seared pomegranate lamb

## Ingredients

- 1 Onion (chopped)
- 1 Clove garlic (crushed)
- 500g Lamb filet (cubed)
- 2tbsp Rice bran oil (for frying)
- Pinch of Salt
- 2tbsp Pomegranate molasses
- 1/2 tsp hot dessert sand (see separate recipe)
- 1 tsp yalateef (see separate recipe)

## Method

- Fry the onion and garlic in a hot pan until translucent
- Add the lamb
- Add the salt, hot dessert sand, yalateef and pomegranate molasses
- Mix together, and cook to your liking
- Serve with moroccan couscous (see separate recipe)