



bit spicy

Merguez Beef with Sweet Potato

This lovely slow-cooked recipe uses our [Merguez](#) blend to great effect with very few other ingredients! Because it is a very rich and hearty dish we suggest making a side dish of couscous - the fresh cucumber and the sweet dried fruit really enhance its flavours! Par-boiling the sweet potato helps to keep its bright colour, and serving it on top rather than mixed in with the meat also keeps its integrity of flavour. **serves 4-6**

- 900g diced steak or venison
- 3 tbsp vegetable or olive oil
- 1 carton Merguez spice blend
- 1 tsp cayenne (optional)
- several finely chopped fresh chillies (optional)
- 2 beef stock cubes
- 1 handful each of finely chopped parsley and coriander
- 2 large sweet potatoes, peeled and finely sliced

For the couscous:

- 250g couscous
 - 3 tbsp olive oil plus juice of a lemon
 - half a cucumber, finely diced
 - handful each of chopped dried apricots and sultanas
 - salt and pepper
1. In a large casserole heat 3 tbsp oil and brown the meat. Stir in the spices, stock cubes and optional chillies and fry until fragrant.
 2. Cover with water, bring to the boil and simmer for 2-3 hours until very tender. Keep an eye on the liquid level, adding more water if necessary.
 3. Meanwhile add the sweet potatoes to a pan of salted water and bring to the boil. After a minute drain and set aside.
 4. Cover the couscous and dried fruit with the same volume of boiling water and leave for five minutes. Fork through to fluff it up, then add the other ingredients, adding seasoning to taste. Mix well and chill until needed.
 5. Stir the fresh herbs into the meat and top with the sweet potato slices. Bake for about 25 minutes, ensuring everything is piping hot before serving.

Cook's notes

- This really is the perfect slow-cooker recipe, and you are unlikely to need to top up the water. Shove under the grill before serving if you want the sweet potato slightly crisp.