



# Spicy tuna with lemon and herb couscous

This spicy tuna dish owes a lot to Morocco for its warmth and flavour.

**Serves :** 2

**Ready In :** 20 minutes or less

## Ingredients

- 2 tuna steaks, cut into chunks
- 2 tbsp harissa paste
- 1 tsp (**either**)
- juice of 1 lemon
- 100g couscous
- 1 clove garlic, grated (**optional**)
- 1 large handful fresh herbs, finely chopped
- 2 spring onions, finely chopped
- 1 tsp freshly ground black pepper
- lemon wedges to serve

## Instructions

- Put the tuna in a bowl and cover with the harissa paste, Sweet Freedom and 1 tbsp lemon juice, squish it about a bit so it's all well covered, and leave for 10 - 15 minutes.
- Cook the couscous as per the packet instructions, using vegetable stock with the garlic stirred in.
- Thread the tuna onto skewers and grill for a minute each side.
- Stir the chopped herbs, spring onion, the rest of the lemon juice and the black pepper into the couscous.
- Serve with lemon wedges.