**Hot Harissa lamb with couscous**

Serves 4 (1P 1F 1LE)

* 4 tbsp Harissa paste
* 300g couscous
* 120g bag herb salad
* 4 lamb leg steaks (about 600g/1lb 5oz in total)
* 2 tbsp Demerara sugar

1. Spoon 1 tbsp Harissa into a jug, fill with 400ml boiling water, then pour over the couscous in a large serving bowl. Cover and stand for 5 mins. Fluff with a fork, then empty the salad on top.
2. Heat a frying pan. Season lamb, then fry for 1 min each side. Mix sugar and remaining Harissa together, then spread over the lamb. Cook for 2 more mins on each side, remove from pan and rest for 5 mins. Add a splash of water to the pan, then boil to make a sauce. Slice lamb and serve on top of the salad with the sauce drizzled over.