

Roast Camel Fillet With Morrocan Cous Cous and Red Wine

Ingredients:

1 kg Camel Fillet
250 gram Cous Cous
100 gram Dried Apricots
100 gram Dried Apple
100 gram Whole Almonds
50 Gram Chopped Fresh herbs
2 Tbsp Butter melted
2 Tbsp Treacle
1 Tbsp Soy Sauce
500 ml Red Wine

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Directions:

Season fillet and seal in hot pan till browned. Place in hot oven 180 degrees C. for 20 minutes for medium. Quarter apricots and apple and place in bowl with cous cous, almonds and herbs. Add 300-350 ml boiling water and allow cous cous to swell, about 3-4 minutes. Stir in butter with a fork to loosen grains. Place wine in pan and reduce to 200ml, add soy sauce and treacle, simmer a further 5 minutes. Place cous cous on serving plate, slice roast and arrange on cous cous. Pour sauce over all. Serves four.