

LAMB TAGINE WITH POMEGRANATES

Serves: 6

Prep time: 20-25 mins

Cook time: Approx 2 hours 10 mins

Ingredients:

675g diced boneless lamb
2 tablespoons oil
3 large shallots or 1 medium onion, finely chopped
2 teaspoons ground ginger
¼ teaspoon ground turmeric
¼ teaspoon ground paprika
2 garlic cloves, peeled and crushed
Pinch saffron threads
450ml good, hot vegetable stock
1 cinnamon stick
2 sprigs fresh thyme leaves
3-4 dried apricots, roughly chopped
1 x 400g can black eyed beans or similar
3 tablespoons freshly chopped coriander
2 tablespoons fresh pomegranate seeds

Method:

1. Heat the oil in a large 1.7L flameproof dish, add the shallots or onions, ginger, turmeric and paprika. Season and cook over a low heat for 1-2 minutes.
2. Add the meat and garlic, coat in the flavoured oil and cook for 4-6 minutes until brown all over.
3. Add the saffron and stock. Bring to the boil, reduce the heat, cover and simmer for 2 hours.
4. 20 minutes before the end of the cooking time add the cinnamon stick, thyme, apricots and beans. Cover and continue to cook for the remaining cooking time.
5. Before serving remove the thyme and cinnamon stick from the tagine. Garnish with the coriander and pomegranate seeds and serve with couscous.

Tip:

This recipe works well cooked in a heatproof dish in the oven for the same cook time at Gas mark 3, 170°C, 150°C fan.

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