

Lamb Tagine



Serves 4

Prep 20 mins

Cooking 1h 30 mins

Easy

Ingredients

450g diced lean lamb
1 tsp ground black pepper
3 tsp paprika
1 tsp ground cinnamon
2 tsp turmeric
1 tbsp butter
1 onion , chopped
55g dried apricots
25g sultanas
25g flaked almonds, toasted
2 tsp honey
570ml lamb stock
400g tin chopped tomatoes
2 tsp tomato puree
1 tbsp fresh parsley , chopped

1. Preheat oven to gas mark 3/170°C/150°C fan/325°F.
2. Toss the lamb with black pepper, paprika, cinnamon and turmeric, coating evenly. Heat the butter in a casserole dish, add in onion and fry until softened.
3. Add spiced lamb and fry until the meat is browned, around 5 minutes, stirring now and then.
4. Add in the remaining ingredients, mix well and bring to the boil. Cover and transfer to the oven and cook for 1 hour 30 minutes. Garnish with the parsley and serve with rice or couscous.