

## Spiced Lamb with Potatoes & Apricots



**Serves 6 - 8**

**Prep 10 mins**

**Cooking 2h 15 mins**

**Easy**

### Ingredients

4 tbsp olive oil  
1 tsp ground allspice  
200g soft dried apricots  
parsley leaves  
1 cinnamon sticks (or 2 short)  
2 tsp ground cumin  
2 onions, peeled and chopped  
400g tinned tomatoes

1kg potatoes  
a pinch of ground cloves  
1 tsp paprika  
4-6 cardamom pods, cracked open  
1.25 kg lamb neck fillets, diced for a stew  
750g cold water  
sea salt flakes to taste

1. Preheat the oven to 170 C/ 150C Fan. Warm the oil in a large casserole or ovenproof pan that has a lid over a medium heat, then add the onions and cinnamon stick. Cook gently for about 10 minutes, stirring every now and then. When the onions have softened and are beginning to colour a little, stir in the cumin, allspice, paprika, cloves and cardamom pods.
2. Tip in the diced lamb and turn in the spiced oil, coating all the pieces well, then add the potatoes and turn them too. Drop in the dried apricots, pour in the tinned tomatoes, then swill the tomato tin out with some of the water and tip it into the pan. Add the rest of the water, stir in the salt and bring to the boil. Once it's bubbling, clamp on the lid and cook in the oven for 2 hours.
3. Check that the lamb is tender, and if not, return to the oven for another 15 - 30 minutes. Remove from the oven and let it stand for 10 minutes, then give a good stir as this will break up the potatoes a little, thickening the sauce. Sprinkle with the parsley and serve in shallow bowls, scattering a little more parsley over as you go.
4. Serve with couscous or bulgar wheat.