# Recipe

## fruity morrocan lamb stew

Inspired by tagines from Morocco, our fruity lamb stew is packed with exciting flavours from cinnamon to cumin all the way to rose petals in our ras el hanout spice blend! Deliciously simmered together with potatoes, tomatoes, carrots, raisins and apricots creating a tantalizing, fruity taste. Serve with cous cous, pitta bread, falafel and dips to make this a real treat!

### Ingredients

A glug of cooking oil

1 small onion- chopped

500g lamb mince

350g new potatoes - quartered

200g carrots - chopped

4 garlic cloves - finely chopped

1 thumb of ginger - finely chopped

1 tsp ras el hanout

40g tomato paste

90g dried apricots - chopped

60g raisins

2 tins of chickpeas

400g passata

850ml water

1 lamb stock cube

1 red pepper - chopped

1 lemon

### Method

add oil to a medium heat pan and wait until it is hot

add onions and caramelise for 10 minutes until soft and golden

add lamb mince, break up and cook well until browned and golden

add new potatoes, carrots, ginger, garlic, cinnamon, cumin and ras el hanout and mix well until well combined and fragrant

add tomato paste and mix well until combined

add apricots, raisins, drained chickpeas, passata, water and lamb stock and simmer gently for at least 40 minutes until potatoes are soft and sauce is reduced

add chopped red pepper and cook for another 10 minutes

finish with a squeeze of lemon juice and serve with cous cous or rice, flatbreads and dips

Please note: This recipe is correct at the time of publication on 11/08/2023. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

Nutritious delight with every bite

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