

# Lamb and apricot tagine

Total time **465 mins** 165 mins preparation time 300 mins marinating time

Nutritional facts (per portion):

**3288 kJ / 785 kcal**

## INGREDIENTS

4 portion(s)

<b>1 tsp</b>	each of ground ginger, coriander and turmeric
<b>675 g</b>	lean lamb, cut into 2.5 cm / 1 in pieces
<b>6 tbsp</b>	olive oil
<b>1</b>	onion, peeled and chopped
<b>3</b>	garlic cloves, peeled and crushed
<b>2</b>	large carrots, chopped
<b>150 g</b>	no soak dried apricots, halved
<b>400 g</b>	tin of chopped tomatoes
<b>300 ml</b>	lamb or beef stock
<b>2 tbsp</b>	Kikkoman Naturally Brewed Soy Sauce

## PREPARATION

### Step 1

For the tagine, put the ginger, coriander and turmeric in a bowl, mix in the lamb then refrigerate for several hours.

### Step 2

Preheat the oven to 150 C / Gas mark 2. Heat 2 tablespoons olive oil in a frying pan and brown the lamb in batches over a fairly high heat, transferring them to a tagine dish or large casserole.

### Step 3

Lower the heat and gently fry the onion for 5 minutes. Add the garlic and carrots, cook for 2 minutes, then add the apricots, tomatoes, stock and soy sauce. Bring to the boil, pour into the dish over the meat, cover tightly and cook in the oven for 2 hours.

### Step 4

Serve with cous cous with grilled vegetables, olives and harissa paste sprinkled with toasted flaked almonds.