



Fruity lamb tagine



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



105 min.

SERVINGS



4

CALORIES



849 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 500 g lamb loins diced lean
- ☐ 1 large onion roughly chopped
- ☐ 2 large carrots quartered cut into chunks
- ☐ 2 garlic clove finely chopped
- ☐ 2 tbsp ras el hanout spice mix
- ☐ 400 g canned tomatoes chopped canned
- ☐ 400 g chickpeas rinsed drained canned

- ☐ 200 g apricot dried
- ☐ 600 ml chicken stock see
- ☐ 120 g pomegranate seeds
- ☐ 2 large handfuls cilantro leaves roughly chopped

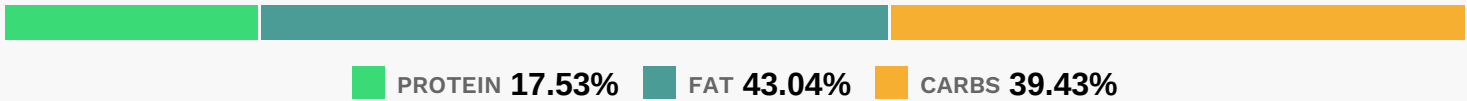
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Heat the oil in a casserole and brown the lamb on all sides. Scoop the lamb out onto a plate, then add the onion and carrots and cook for 2–3 mins until golden.
- ☐ Add the garlic and cook for 1 min more. Stir in the spices and tomatoes, and season. Tip the lamb back in with the chickpeas and apricots.
- ☐ Pour over the stock, stir and bring to a simmer. Cover the dish and place in the oven for 1 hr.
- ☐ If the lamb is still a little tough, give it 20 mins more until tender. When ready, leave it to rest so its not piping hot, then serve scattered with pomegranate and herbs, with couscous or rice alongside.

Nutrition Facts



Properties

Glycemic Index:76.25, Glycemic Load:21.43, Inflammation Score:-10, Nutrition Score:44.14913011893%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg Gallocatechin: 0.05mg,

Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 849.29kcal (42.46%), Fat: 41.81g (64.32%), Saturated Fat: 14.61g (91.33%), Carbohydrates: 86.18g (28.73%), Net Carbohydrates: 69.08g (25.12%), Sugar: 45.83g (50.92%), Cholesterol: 95.81mg (31.94%), Sodium: 463.83mg (20.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.31g (76.62%), Vitamin A: 8139.88IU (162.8%), Manganese: 1.64mg (82.09%), Fiber: 17.1g (68.41%), Vitamin B3: 13.51mg (67.57%), Folate: 251.75µg (62.94%), Potassium: 1882.21mg (53.78%), Phosphorus: 513.34mg (51.33%), Copper: 1.01mg (50.73%), Iron: 9.05mg (50.26%), Vitamin B12: 2.89µg (48.13%), Selenium: 32.95µg (47.07%), Zinc: 6.81mg (45.42%), Vitamin K: 46.81µg (44.58%), Vitamin E: 5.96mg (39.76%), Vitamin B6: 0.78mg (38.92%), Vitamin B2: 0.61mg (35.67%), Magnesium: 135.26mg (33.82%), Vitamin B1: 0.46mg (30.54%), Vitamin C: 19.92mg (24.15%), Calcium: 201.61mg (20.16%), Vitamin B5: 1.93mg (19.27%)