



Lamb Tagine Shepherd's Pie



Gluten Free



Dairy Free

READY IN



94 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots chopped
- ☐ 1.5 cups chicken stock see unsalted
- ☐ 2 tablespoons chicken stock see unsalted
- ☐ 15 ounce garbanzo beans unsalted rinsed drained canned
- ☐ 0.3 cup apricot dried chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4 teaspoons garlic fresh minced
- ☐ 2 garlic clove

- ☐ 0.3 cup golden raisins
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon turmeric
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 1.5 pounds leg of lamb boneless lean trimmed cut into bite-sized pieces
- ☐ 2 tablespoons juice of lemon fresh divided
- ☐ 5 teaspoons olive oil extra virgin extra-virgin divided
- ☐ 1 cup onion chopped
- ☐ 0.5 cup red wine
- ☐ 1 tablespoon tomato paste

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ ramekin
- ☐ dutch oven

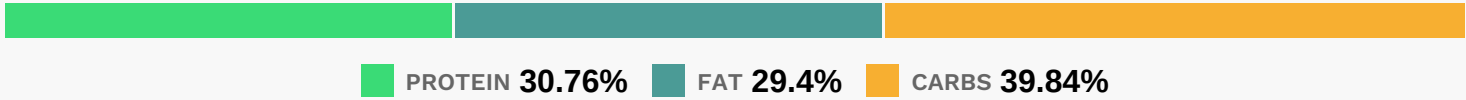
Directions

- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add 2 teaspoons oil to pan; swirl to coat.
- ☐ Add half of lamb to pan; cook 4 minutes or until browned, stirring occasionally.
- ☐ Remove lamb from pan. Repeat procedure with remaining lamb.
- ☐ Add onion and carrot to pan, and saut for 3 minutes. Stir in 1 1/4 teaspoons salt, 4 teaspoons garlic, and next 5 ingredients (through red pepper); saut 30 seconds. Stir in wine; cook 1 minute, scraping pan to loosen browned bits. Stir in lamb, 1 1/2 cups chicken stock, apricots,

and raisins. Bring to a simmer; cover, reduce heat to low, and simmer 30 minutes. Stir in chopped cilantro and 1 tablespoon juice.

- ☐ Preheat the oven to 35
- ☐ Combine remaining 1 tablespoon olive oil, remaining 1 tablespoon lemon juice, remaining 1/4 teaspoon salt, 2 tablespoons chicken stock, 2 garlic cloves, and chickpeas in a mini food processor; process until smooth. Spoon 2/3 cup lamb mixture into each of 6 (7-ounce) ramekins. Top each serving with about 3 tablespoons chickpea mixture. Lightly coat chickpea mixture with cooking spray.
- ☐ Place ramekins on a baking sheet.
- ☐ Bake at 350 for 30 minutes or until tops begin to brown.

Nutrition Facts



Properties

Glycemic Index:67.21, Glycemic Load:7.97, Inflammation Score:-10, Nutrition Score:19.993478381115%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 284.14kcal (14.21%), Fat: 8.96g (13.78%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 22.18g (8.06%), Sugar: 10.27g (11.41%), Cholesterol: 47.67mg (15.89%), Sodium: 955.55mg (41.55%), Alcohol: 2.12g (100%), Alcohol %: 0.89% (100%), Protein: 21.09g (42.18%), Vitamin A: 3858.89IU (77.18%),

Manganese: 0.83mg (41.28%), Vitamin B6: 0.65mg (32.52%), Vitamin B12: 1.93µg (32.15%), Vitamin B3: 6.2mg (31.01%), Selenium: 20.6µg (29.42%), Phosphorus: 251.6mg (25.16%), Zinc: 3.57mg (23.78%), Fiber: 5.14g (20.57%), Potassium: 674.29mg (19.27%), Iron: 3.14mg (17.44%), Vitamin B2: 0.3mg (17.41%), Copper: 0.32mg (15.99%), Magnesium: 55.84mg (13.96%), Vitamin B1: 0.18mg (12.29%), Folate: 49.17µg (12.29%), Vitamin C: 7.33mg (8.89%), Vitamin B5: 0.89mg (8.89%), Vitamin E: 1.21mg (8.08%), Calcium: 61.51mg (6.15%), Vitamin K: 6.43µg (6.12%)