



Lamb Tagine with Chickpeas and Apricots

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup tomatoes diced with juices canned
- 1 large cinnamon sticks
- 8 servings couscous steamed
- 0.5 cup apricot dried halved
- 0.8 cup chickpeas dried
- 8 servings cilantro leaves fresh chopped
- 1 tablespoon ginger peeled chopped
- 8 servings pepper black freshly ground

- 2.5 cups chicken stock see ()
- 2 tablespoons olive oil
- 1 large onion diced
- 5 garlic clove whole chopped (2, 3)

Equipment

- bowl
- sauce pan
- pot

Directions

- Place chickpeas in a medium saucepan.
- Add water to cover by 2".
- Let soak overnight.
- Drain chickpeas; return to same saucepan.
- Add 2 whole garlic cloves and cinnamon stick.
- Add water to cover by 2". Bring to a boil, then reduce heat to medium and simmer until chickpeas are tender, about 45 minutes.
- Drain; set aside.
- Meanwhile, heat oil in a large heavy pot over medium-high heat. Season lamb with salt and pepper. Working in batches, brown lamb on all sides, about 4 minutes per batch.
- Transfer lamb to a medium bowl.
- Add onion to pot; reduce heat to medium, season with salt and pepper, and sauté until soft and beginning to turn golden, about 5 minutes.
- Add chopped garlic, Ras-el-Hanout, and ginger. Stir for 1 minute.
- Add tomatoes and lamb with any accumulated juices. Bring to a boil.
- Add 2 1/2 cups stock. Return to a boil, reduce heat to low, partially cover, and simmer, stirring occasionally, until lamb is tender, about 1 hour 30 minutes.
- Stir in chickpeas; simmer until heated through, about 10 minutes. Stir in apricots; simmer until heated through, about 5 minutes. Season with salt and pepper.

Spoon couscous onto a large, shallow platter, forming a large well in center. Spoon tagine into center.

Sprinkle cilantro over.

Nutrition Facts

PROTEIN 14.67% **FAT 20.37%** **CARBS 64.96%**

Properties

Glycemic Index:32.49, Glycemic Load:14.9, Inflammation Score:-6, Nutrition Score:12.48000008127%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 251.14kcal (12.56%), Fat: 5.78g (8.9%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 41.48g (13.83%), Net Carbohydrates: 35.59g (12.94%), Sugar: 9.16g (10.18%), Cholesterol: 2.25mg (0.75%), Sodium: 160.75mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.73%), Selenium: 25.37µg (36.24%), Manganese: 0.67mg (33.43%), Folate: 127µg (31.75%), Fiber: 5.89g (23.56%), Copper: 0.3mg (14.9%), Vitamin B6: 0.28mg (13.96%), Potassium: 481.29mg (13.75%), Vitamin B3: 2.72mg (13.6%), Vitamin B1: 0.19mg (12.85%), Phosphorus: 126.7mg (12.67%), Iron: 2.28mg (12.65%), Magnesium: 39.92mg (9.98%), Vitamin B2: 0.16mg (9.13%), Vitamin E: 1.36mg (9.06%), Zinc: 1.09mg (7.28%), Vitamin C: 5.83mg (7.07%), Vitamin B5: 0.71mg (7.06%), Vitamin A: 351.87IU (7.04%), Vitamin K: 5.86µg (5.58%), Calcium: 54.76mg (5.48%)