



 **60%**  
HEALTH SCORE

## Moroccan Lamb Tagine

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 oz canned tomatoes diced canned
- 0.5 teaspoon cayenne
- 6 servings fluffy couscous
- 2.5 cups fat-skimmed chicken broth
- 0.3 cup cilantro leaves fresh chopped
- 4 cloves garlic minced peeled
- 0.1 teaspoon ground cardamom
- 1 tablespoon paprika and ground cumin

- 6 servings salt and fresh-ground pepper
- 1 teaspoon ground turmeric fresh minced
- 6 servings harissa (garnish)
- 0.3 cup kalamata olives pitted
- 4 pounds fat-trimmed boned lamb shoulder rinsed for stewing, and cut into 1 1/2-inch chunks
- 16 oz onions peeled thinly sliced
- 6 servings preserved lemons (garnish)
- 2 tablespoons tomato paste

## Equipment

- bowl
- frying pan
- slotted spoon

## Directions

- Brown lamb. Discard all but 2 tablespoons fat from the pan.
- Add onions and garlic to pan; stir often over medium heat until onions begin to get limp, 3 to 5 minutes.
- Add paprika, cumin, turmeric, cinnamon, ginger, cayenne, and cardamom; stir until very fragrant, about 30 seconds.
- Add broth, tomatoes (including juices), and tomato paste. Bring to a boil over high heat. Reduce heat, cover, and simmer, stirring occasionally, until lamb is tender when pierced, about 1 hour. Skim off and discard any fat.
- Add salt and pepper to taste.
- On dinner plates or a large rimmed platter, mound couscous and form a well in the center. With a slotted spoon, transfer lamb and vegetables to well. Measure pan juices; if less than 3 cups, add water to make that amount, return to pan, and bring to a boil over high heat.
- Add salt to taste.
- Pour juices into a bowl and pass to add to taste. Scatter olives and cilantro over lamb; garnish as desired (see notes).

- No-mess browning
- Place meat in a heavy-bottomed 5- to 6-quart pan.
- Add 1/2 cup water; cover and bring to a boil over high heat. Reduce heat and simmer briskly over medium heat until meat is gray on the outside and has rendered juices and fat, 15 to 20 minutes.
- Uncover pan, increase heat to high, and stir often until most of the liquid has evaporated, 15 to 20 minutes. Reduce heat to medium-high and stir often until meat juices have caramelized and darkened and meat has browned in the rendered fat, about 5 minutes longer. If drippings and the brown film on pan begin to scorch, reduce heat to medium.

## Nutrition Facts



### Properties

Glycemic Index:41, Glycemic Load:31.33, Inflammation Score:-10, Nutrition Score:30.870434553727%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 16.19mg, Quercetin: 16.19mg, Quercetin: 16.19mg, Quercetin: 16.19mg

### Nutrients (% of daily need)

Calories: 559.17kcal (27.96%), Fat: 12.12g (18.65%), Saturated Fat: 3.85g (24.09%), Carbohydrates: 61.74g (20.58%), Net Carbohydrates: 55.75g (20.27%), Sugar: 6.44g (7.16%), Cholesterol: 121.93mg (40.64%), Sodium: 1048.03mg (45.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.69g (97.38%), Vitamin B12: 5.28µg (87.93%), Vitamin B3: 15.06mg (75.31%), Selenium: 46.55µg (66.5%), Zinc: 8.81mg (58.71%), Phosphorus: 522.35mg (52.24%), Manganese: 0.82mg (40.91%), Vitamin B2: 0.59mg (34.47%), Iron: 6.05mg (33.6%), Vitamin B6: 0.6mg (29.82%), Potassium: 1035.77mg (29.59%), Vitamin B1: 0.42mg (28.21%), Copper: 0.52mg (26.17%), Magnesium: 100mg (25%), Vitamin B5: 2.46mg (24.56%), Fiber: 6g (24.01%), Folate: 81.25µg (20.31%), Vitamin C: 15.1mg (18.3%), Vitamin E: 1.63mg (10.86%), Calcium: 101.63mg (10.16%), Vitamin A: 368.69IU (7.37%), Vitamin K: 6.28µg (5.99%)