



Moroccan lamb with apricots, almonds & mint



Dairy Free



Popular

READY IN



120 min.

SERVINGS



4

CALORIES



948 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 550 g lamb loins lean cubed
- ☐ 1 onion chopped
- ☐ 2 garlic cloves crushed
- ☐ 700 ml chicken stock see
- ☐ 1 orange zest grated
- ☐ 1 cinnamon sticks
- ☐ 1 tsp clear honey

- ☐ 175 g ready-to-eat apricots dried
- ☐ 3 tbsp mint leaves fresh chopped
- ☐ 25 g ground almonds
- ☐ 25 g almonds flaked toasted
- ☐ 4 servings broccoli and couscous steamed

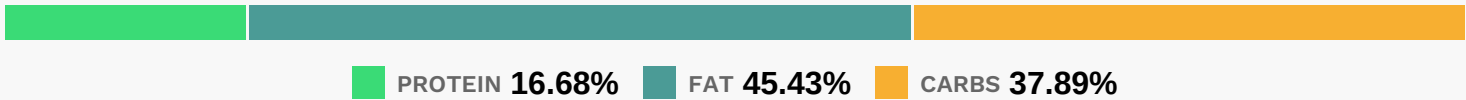
Equipment

- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Heat the oil in a large flameproof casserole.
- ☐ Add the lamb and cook over a medium-high heat for 3-4 minutes until evenly browned, stirring often.
- ☐ Remove the lamb to a plate, using a slotted spoon.
- ☐ Stir the onion and garlic into the casserole and cook gently for 5 minutes until softened. Return the lamb to the pot.
- ☐ Add the stock, zest and juice, cinnamon, honey and salt and pepper. Bring to the boil then reduce the heat, cover and cook gently for 1 hour.
- ☐ Add the apricots and two-thirds of the mint and cook for 30 minutes until the lamb is tender. Stir in the ground almonds to thicken the sauce.
- ☐ Serve with the remaining mint and toasted almonds scattered over the top.

Nutrition Facts



Properties

Glycemic Index:55.67, Glycemic Load:38.8, Inflammation Score:-9, Nutrition Score:29.43347818696%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 948.06kcal (47.4%), Fat: 48.21g (74.18%), Saturated Fat: 16.1g (100.64%), Carbohydrates: 90.48g (30.16%), Net Carbohydrates: 81.36g (29.58%), Sugar: 29.29g (32.55%), Cholesterol: 105.7mg (35.23%), Sodium: 347.74mg (15.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.82g (79.63%), Vitamin B3: 14.63mg (73.13%), Vitamin B12: 3.18µg (52.94%), Manganese: 0.98mg (49.21%), Selenium: 31.4µg (44.85%), Phosphorus: 442.74mg (44.27%), Zinc: 5.92mg (39.48%), Fiber: 9.12g (36.47%), Vitamin B2: 0.61mg (35.74%), Potassium: 1211.99mg (34.63%), Vitamin A: 1648.98IU (32.98%), Vitamin E: 4.87mg (32.43%), Copper: 0.63mg (31.39%), Iron: 5.09mg (28.29%), Magnesium: 99.44mg (24.86%), Vitamin B6: 0.49mg (24.33%), Vitamin B1: 0.35mg (23.62%), Vitamin B5: 1.99mg (19.85%), Folate: 60.78µg (15.19%), Calcium: 121.93mg (12.19%), Vitamin K: 11.28µg (10.75%), Vitamin C: 7.8mg (9.45%)