



Tagine of lamb & merguez sausages



Gluten Free



Dairy Free

READY IN



275 min.

SERVINGS



8

CALORIES



778 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp ground cumin
- ☐ 1 tsp chili powder hot
- ☐ 2 large onion red roughly chopped
- ☐ 3 garlic clove
- ☐ 1 piece ginger roughly chopped
- ☐ 200 ml olive oil
- ☐ 200 ml juice of lemon (4 lemons)
- ☐ 1 tbsp honey

- ☐ 1 large handful parsley roughly chopped
- ☐ 1 large handful cilantro leaves roughly chopped
- ☐ 6 lamb shanks (if using shoulder ask the butcher to cut it into 10cm chunks on the bone)
- ☐ 4 tbsp olive oil
- ☐ 2 carrots sliced
- ☐ 2 onion red sliced
- ☐ 12 prune- cut to pieces dried
- ☐ 0.5 juice of lemon
- ☐ 8 sausage
- ☐ 2 simple preserved lemons homemade bought rinsed finely sliced (see recipe below)
- ☐ 2 mint leaves
- ☐ 8 servings harissa (see recipe below)

Equipment

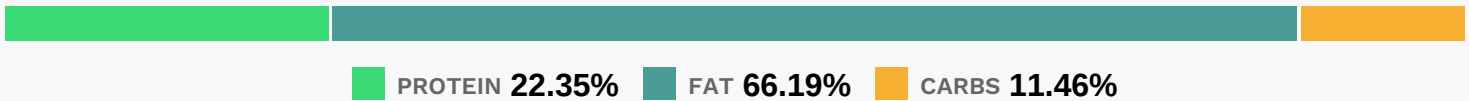
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ tajine pot

Directions

- ☐ For the marinade, roast the spices in a dry pan for a couple mins until fragrant. Put remaining marinade ingredients in a blender and process to a smooth paste, then add the roast spices and blend again to combine.
- ☐ Place the lamb in a large bowl and pour over the marinade. Leave in the paste overnight, or for at least 2 hrs to absorb all the flavours.
- ☐ Heat oven to 160C/140C fan/gas
- ☐ In a large roasting tin, big enough to fit the meat in one single layer, heat the oil and place over a high heat on the hob.

- ☐
- Remove the meat from the marinade, wiping off and reserving any excess, then brown shanks on all sides in the hot oil.
- ☐
- Add remaining marinade to the dish along with the carrots, onions and prunes, then pour in 1 litre water. Cover the dish tightly with foil and cook in a low oven for 3–4 hrs until the meat is tender and falling away from the bone.
- ☐
- Add the honey, lemon juice and seasoning and keep warm.
- ☐
- If using, fry the sausages until cooked through, then add to the tagine.
- ☐
- Serve the meat in a large bowl with the sauce spooned over, then scatter with the preserved lemons and mint, and serve the harissa on the side.

Nutrition Facts



Properties

Glycemic Index:40.51, Glycemic Load:5.36, Inflammation Score:-9, Nutrition Score:29.641739202582%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 1.43mg, Eriodictyol: 1.43mg, Eriodictyol: 1.43mg, Eriodictyol: 1.43mg Hesperetin: 4.03mg, Hesperetin: 4.03mg, Hesperetin: 4.03mg, Hesperetin: 4.03mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg

Nutrients (% of daily need)

Calories: 777.7kcal (38.88%), Fat: 57.39g (88.3%), Saturated Fat: 13.3g (83.15%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 19.44g (7.07%), Sugar: 12.37g (13.75%), Cholesterol: 156.68mg (52.23%), Sodium: 738.6mg (32.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.6g (87.21%), Zinc: 10.38mg (69.19%), Vitamin B12: 4.11µg (68.54%), Vitamin B3: 12.05mg (60.27%), Vitamin A: 2961.5IU (59.23%), Selenium: 33.93µg (48.47%), Phosphorus: 417.55mg (41.76%), Vitamin K: 39.88µg (37.98%), Vitamin E: 5.28mg (35.17%), Vitamin B6: 0.66mg (33.08%), Vitamin B1: 0.44mg (29.02%), Vitamin B2: 0.45mg (26.46%), Iron: 4.59mg (25.52%), Potassium: 861.23mg (24.61%), Vitamin C: 18.51mg (22.43%), Vitamin B5: 1.78mg (17.81%), Magnesium: 66.77mg (16.69%), Copper: 0.31mg (15.36%), Folate: 52.93µg (13.23%), Manganese: 0.24mg (11.9%), Fiber: 2.93g (11.74%), Vitamin D: 1.11µg (7.37%), Calcium: 59.26mg (5.93%)