



## Tagine of Lamb With Caramelized Onions

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



430 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup beef broth
- 0.5 teaspoon pepper black
- 0.8 teaspoon pepper black
- 0.5 teaspoon cinnamon
- 4.5 cups couscous cooked
- 1 teaspoon ground ginger
- 1.5 teaspoons ground nutmeg
- 3 tablespoons honey

- 8 inch lamb loin chops
- 4 tablespoons olive oil divided
- 0.3 cup raisins drained
- 0.8 teaspoon salt
- 1 teaspoon salt
- 2 teaspoons spice mix (see above)

## Equipment

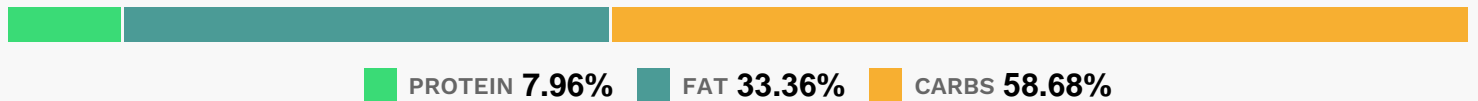
- frying pan
- kitchen thermometer
- dutch oven
- tajine pot

## Directions

- Combine the spice-mix ingredients, then set them aside in a tightly sealed container.
- Heat 2 tablespoons oil in large non-stick skillet over medium heat.
- Add onion and cook, stirring frequently, 20–25 minutes or until golden.
- Add raisins, cinnamon, salt, and pepper; continue cooking 5 minutes or until onions are caramelized. Set onion mixture aside. (This can be prepared a day or two ahead and refrigerated.)
- While onion mixture cooks, pat lamb dry.
- Sprinkle spice mix in shallow dish. Coat lamb on both sides; set aside. (Lamb can be prepped up to 8 hours ahead and refrigerated.)
- Heat 2 tablespoons oil in skillet on medium-high heat. Sear lamb on both sides so spices adhere to it. Reduce heat to medium.
- For medium-rare meat, cook lamb 5–6 minutes on each side or until thermometer registers 145; for medium, cook 8–10 minutes on each side or until thermometer registers 160.
- Transfer to a serving platter or tagine dish; keep warm.
- Add broth to the pan, scraping to loosen browned bits.

- Add the honey, reduce sauce to 1/2 cup (about 4 minutes), and pour over lamb. Spoon lamb mixture over couscous; top with onions (reheat if necessary) and sprinkle with toasted almonds, if desired.
- Our recipes call for a skillet, but you can also cook using a tagine dish. If you use a heavy cast-iron enamel tagine such as All-Clad's or Le Creuset's, cut the liquid in the recipe by half; the dish's tight seal doesn't allow as much evaporation as a regular pan's.
- A tagine dish holds a limited amount of food, so use a small Dutch oven to make big amounts.
- For a dramatic table presentation in keeping with Moroccan custom, set the dish in the center of the table, slowly lifting the lid to release the heady aromas and show off the colorful meal inside.

## Nutrition Facts



### Properties

Glycemic Index:80.02, Glycemic Load:35.9, Inflammation Score:-3, Nutrition Score:11.956521708032%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

### Nutrients (% of daily need)

Calories: 429.51kcal (21.48%), Fat: 16.21g (24.93%), Saturated Fat: 2.9g (18.13%), Carbohydrates: 64.15g (21.38%), Net Carbohydrates: 59.46g (21.62%), Sugar: 13.45g (14.94%), Cholesterol: 3.76mg (1.25%), Sodium: 1200.94mg (52.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.7g (17.39%), Selenium: 50.47µg (72.1%), Manganese: 0.63mg (31.39%), Vitamin K: 25.03µg (23.84%), Fiber: 4.69g (18.74%), Vitamin E: 2.72mg (18.11%), Vitamin B3: 2.72mg (13.59%), Iron: 2.33mg (12.93%), Vitamin B1: 0.14mg (9.06%), Folate: 35.44µg (8.86%), Potassium: 270.58mg (7.73%), Vitamin B6: 0.15mg (7.71%), Vitamin B5: 0.75mg (7.46%), Magnesium: 29.47mg (7.37%), Copper: 0.15mg (7.32%), Calcium: 68.43mg (6.84%), Phosphorus: 67.09mg (6.71%), Vitamin B2: 0.11mg (6.22%), Zinc: 0.75mg (5.03%), Vitamin B12: 0.14µg (2.25%)