

Morrocon Lamb

- Serves 4
- Prep 5 mins
- Cook 1 hour

Ingredients

3 tablespoons olive oil
2 red onions, peeled and cut into slices
450g/1lb lean lamb cubed
1 cinnamon stick
2 teaspoons ground cumin
2 teaspoons ground coriander
½ teaspoon ground cinnamon
1 pinch cayenne pepper
1 teaspoon plain flour
1 (200g) packet dried apricots
600mls/1pint rich lamb stock
Juice of ½ lemon
2 tablespoons of clear honey
Couscous to serve
Fresh coriander to garnish

Instructions

1. Heat oil in pan, add onions and lamb over moderately high heat for 6-7 minutes (until browned all over)
2. Add spices and cook stirring for 1 minute
Stir in plain flour and cook for 1 minute
3. Add apricots and pour in lamb stock and lemon juice. Bring to boil, reduce heat and simmer uncovered for 30 minutes
4. Add honey, season with salt and freshly ground black pepper.
5. Cook uncovered for a further 20 minutes, stirring occasionally, until sauce has thickened slightly.
6. Serve with couscous, garnish with coriander.