Lamb Tray Tagine
RECIPE

Lamb Tray Tagine

Cooking time	180 mins
Preparation time	20 mins
Serves	2

Serve up the fragrant flavours of Morocco with this easy, breezy tagine in a tray. Cooked in Royco Roast Meat Gravy, topped with almonds and apricots.

Ingredients

- 1 x Royco Roast Meat Gravy
- 30ml olive oil
- 600g lamb cubes
- Salt
- Pepper
- 1 onion, chopped
- 2 cloves garlic, finely sliced
- 1 tsp coriander powder
- 1 tsp turmeric powder
- 1 stick cinnamon
- 1 Tbsp tomato paste
- Juice & zest of 1 orange
- 1 Tbsp honey
- 1 bay leaf
- 1 cup light chicken stock
- 1 cup water
- 100g dried apricots, halved
- 50g flaked almonds, toasted
- Mint leaves
- Couscous, cooked

Method

1. Start by making up the Royco Roast Meat Gravy according to package instructions, put aside.
2. Heat the olive oil in a heavy based pot over a high heat. Generously season the lamb pieces with salt and pepper and add them to the pot.

3. Allow the lamb to colour all over, then remove from the heat.
4. Turn the heat down to low and add the onion. Fry for 5 minutes. Add the garlic, coriander powder, turmeric powder, cinnamon and tomato paste.
5. Fry for a further 2 minutes then return the lamb to the pot with the orange juice and zest, honey, bay leaf, chicken stock, water and prepared Royco Roast Meat Gravy.
6. Stir well and allow it to come to a boil. Once boiling, turning the heat down, place a lid on, and allow to gently simmer for 2.5 hours.
7. Add the apricots and simmer for a further 30 minutes.
8. Season to taste and serve the lamb garnished with almonds and mint. Serve with couscous on the side.

Recipe Tags

Lamb, Stew

Related Recipes

Umleqwa Served With Beans and Pap

Cooking time

90 mins

Preparation time

25 mins

Sausage And Potato Casserole

Cooking time

25 mins

Preparation time

15 mins

Stuffed Cabbage Rolls

Cooking time

75 mins

Preparation time

20 mins

Oriental Drumsticks

Cooking time

15 mins

Preparation time

25 mins

Beef Short Rib with Sweet Potato Bake

Cooking time

50 mins

Preparation time

20 mins



Sticky Chicken Wings

Cooking time

15 mins

Preparation time

5 mins



Meatballs & Potato Wedges

Cooking time

30 mins

Preparation time

5 mins

Beef Stew with Soft Dumpling

Cooking time

90 mins

Preparation time

30 mins

Mediterranean Vegetable Hot Pot

Cooking time

40 mins

Preparation time

15 mins

One Pot Wonder

Cooking time

60 mins

Preparation time

20 mins

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