

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.

Share

- Pinterest (opens in new window)
- Facebook (opens in new window)
- Twitter (opens in new window)
- Download (opens in new window)
- Print (opens in same window)

## **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

Products used



Roast Meat Dry Gravy

**View Product** 

### **Method**

1 1

Start by making up the Royco Roast Meat Gravy according to package instructions, put aside.

2. 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. 3.

Allow the lamb to colour all over, then remove from the heat.

4. 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. 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. 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. 7.

Add the apricots and simmer for a further 30 minutes.

8.8.

Season to taste and serve the lamb garnished with almonds and mint. Serve with couscous on the side.

# **Recipe Tags**

Lamb, Stew

# **Related Recipes**

**New Project** 



### **Umlegwa Served With Beans and Pap**

Cooking time

90 mins

Preparation time

25 mins

**View Recipe** 



## **Sausage And Potato Casserole**

Cooking time

25 mins

Preparation time

15 mins

**View Recipe** 



#### **Stuffed Cabbage Rolls**

Cooking time

75 mins

Preparation time

20 mins

**View Recipe** 

×

#### **Oriental Drumsticks**

Cooking time

15 mins

Preparation time

25 mins

**View Recipe** 

×

#### **Beef Short Rib with Sweet Potato Bake**

Cooking time

50 mins

Preparation time

20 mins

**View Recipe** 

×

## **Sticky Chicken Wings**

Cooking time

15 mins

Preparation time

5 mins

<u>View Recipe</u>

×

## **Meatballs & Potato Wedges**

Cooking time

30 mins

Preparation time

5 mins

**View Recipe** 

×

## **Beef Stew with Soft Dumpling**

Cooking time

90 mins

Preparation time

30 mins

View Recipe

×

#### **Mediterranean Vegetable Hot Pot**

Cooking time

40 mins

Preparation time

15 mins

View Recipe

×

#### **One Pot Wonder**

Cooking time

60 mins

Preparation time

20 mins

**View Recipe** 

**Source URL:** https://www.royco.co.za/recipe/lamb-tray-tagine