

RICH MOROCCAN LAMB TAGINE

Prep time: 1 hour

Cook time: 3 hours

Serves 6 people



INGREDIENTS

FOR LAMB TAGINE

- 2kg lamb neck, chopped
- 2 tablespoons oil
- 3 onions, sliced
- 1 tablespoon ginger, crushed
- 1 clove garlic
- 1 cinnamon stick
- 2 teaspoons cayenne pepper (adjust to taste)
- 1 teaspoon fennel seeds
- Lemon zest
- 1 cube lamb stock, dissolved in 300ml boiling water
- 1 can chopped tomatoes
- 375ml tomato puree
- 1 can coconut milk
- 1 tablespoon honey
- Salt and black pepper for seasoning
- 1 tub Nomu Moroccan spice rub

As an alternative to the Nomu rub, mix the following:

- 2 teaspoons cumin
- 1 teaspoon salt
- 2 teaspoons coriander
- 1 teaspoon black pepper
- 2 teaspoons parsley
- 2 teaspoons cinnamon
- 1 teaspoon chilli powder
- 2 teaspoons nutmeg
- 2 teaspoons turmeric

FOR COUSCOUS

- 1 cup couscous
- 2 tablespoons parsley, chopped
- 1 tablespoons thyme, chopped
- Lemon zest
- 1 cube chicken broth (dissolved in 400ml boiling water)
- 1 round feta

INSTRUCTIONS

1. Place lamb in a large bowl or sealable bag and rub with the Moroccan spice rub. Allow to rest for at least 1 hour (even better if overnight).
2. Place your cast iron pot over prepared coals and heat oil.
3. Brown the lamb in batches. Remove and set aside.
4. Place onion in the pot and saute for 2-3 minutes.
5. Add ginger, garlic, cinnamon stick, cayenne pepper, fennel seeds and lemon zest. Saute again for 2-3 minutes.
6. Add meat back into the pot and stir through.
7. Add dissolved lamb stock cube to the pot and allow to simmer for a few minutes while you scrape the bottom of the pot, loosening brown bits.
8. Add chopped tomatoes, tomato puree, coconut milk and honey to the lamb and stir thoroughly.
9. Season to taste with salt and black pepper.
10. Cover with lid and simmer for 2-3 hours, stirring occasionally.
11. To thicken the sauce, remove the lid after 2 hours and allow to simmer over a reduced heat.
12. Serve with couscous, flatbread and yoghurt dressing.

COUSCOUS

1. Mix dry couscous, parsley, thyme and lemon zest in a bowl.
2. Add dissolved chicken stock cube to the couscous mixture (ensure that you just cover the couscous with the water).
3. Cover with lid and let the mixture sit for 4-5 minutes until couscous is tender and all liquid has been absorbed.
4. Fluff couscous with a fork and season to taste. Serve with crumbled feta.

FOR YOGHURT DRESSING

1 cup Greek yoghurt
Lemon zest
2 tablespoons lemon juice
2 tablespoons mint leaves, chopped

FOR FLATBREAD

1 cup self-raising flour
¼ cup plain yoghurt
Parsley, chopped
Salted butter

YOGHURT DRESSING

1. Mix Greek yoghurt with lemon zest, lemon juice and mint. Serve with lamb.

FLATBREAD

1. Mix self-raising flour, plain yoghurt and parsley to form a dough (consistency of dough should be firm and easy to roll out; add more yoghurt/flour if needed).
2. Divide dough into 8 equal pieces.
3. Roll each piece out individually on a surface dusted with flour.
4. Heat butter in a pan and add 1 piece of rolled-out dough to the pan.
5. Wait until small bubbles have formed in the dough before flipping over.
6. Remove from heat and immediately cover with salted butter.
7. Repeat steps 3-6 for each piece of flatbread.