

Lamb Tagine with Chickpeas and Couscous



Cooking time: 1 hr 15 mins

Serves: 4

how to cook

- 1 Cut the lamb into cubes. Fry with the onion in a pan until the onion softens and the meat begins to brown.
- 2 Stir in the tomatoes and cinnamon and cook for a further 3-4 minutes until the tomatoes are softened.
- 3 Stir in the chickpeas, apricots and stock.
- 4 Bring to the boil, cover and simmer gently for at least 45 minutes and up to 2 hours until the meat is tender.
- 5 Check the seasoning and stir through the parsley.
- 6 Serve with plain couscous, cooked according to packet instructions, and garnish with coriander.

what you need

- 300g John Penny Stewing Lamb
- 1 onion, sliced
- 2 tomatoes, roughly chopped
- 1tsp ground cinnamon
- 400g can chickpeas, drained
- 100g dried apricots
- 600ml vegetable or chicken stock
- few sprigs fresh parsley, chopped
- Couscous & coriander to serve

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