

# Spiced Lamb and Apricot Pilau



## what you need

- 500g John Penny neck of lamb, cut into cubes
- 1 tbsp vegetable oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 tsp turmeric
- 1 tsp ground cumin
- 1 tsp cinnamon
- 1 tbsp grated fresh root ginger
- 225 g Brown Rice
- 400 g canned chopped tomatoes
- 300 ml vegetable stock
- 125g ready to eat dried apricots
- 50g raisins
- Seasoning
- 3 tbsp toasted flaked almonds

**Cooking time:** 1 hr 20 mins

**Serves:** 4

## how to cook

- 1 Heat the oil in a large saucepan add the onion, garlic and lamb and cook for 5 minutes or until the onion has softened and the lamb browned.
- 2 Stir in the turmeric, cumin, cinnamon and ginger then cook for 1 minute to release their flavour.
- 3 Add the rice and cook for 1 minute to coat well. Add the tomatoes and half the stock and then stir in the fruit.
- 4 Cover and cook gently for 10 minutes checking the mixture from time to time adding more stock.
- 5 Add the remaining stock and cook for 30 minutes or until the rice is tender and the stock absorbed. You may need to add more liquid if it becomes dry.
- 6 Season to taste. Leave to stand for 5 minutes. Serve sprinkled with the toasted almonds.