KIKKOMAN

Lamb tagine with fruits & yuzu yoghurt

Total time **55 mins** **10 mins** preparation time **45 mins** cooking time

Nutritional facts (per portion):
2,340 kJ / 560 kcal

Fat: **30 g** Protein: **30 g**
Carbohydrates: **35 g**

INGREDIENTS

2 portion(s)

360 g	lamb shoulder, diced
100 g	onion, cut into thin wedges
400 ml	water or vegetable stock
200 ml	rapeseed oil
2 pinch	ground cinnamon
2 pinch	ground cumin
40 g	dried apricots
40 g	dried prunes
40 g	raisins
70 ml	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Yuzu
160 g	natural yoghurt
	A few mint or coriander leaves for garnish

PREPARATION

Step 1

360 g lamb shoulder, diced - **100 g** onion, cut into thin wedges - **400 ml** water or vegetable stock - **20 ml** rapeseed oil - **2 pinch** ground cinnamon - **2 pinch** ground cumin - **40 g** dried apricots - **40 g** dried prunes - **40 g** raisins
Sear the lamb with the onion wedges and spices in the rapeseed oil in a pot. Add the dried fruits and raisins, pour in enough stock or water to cover and braise covered for 45 minutes.

Step 2

40 ml Kikkoman Ponzu Citrus Seasoned Soy Sauce - Yuzu
After 45 minutes, add the Kikkoman Yuzu Ponzu to the pot and stir well.

Step 3

160 g natural yoghurt - **30 ml** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Yuzu - A few mint or coriander leaves for garnish
Mix the yoghurt with the Kikkoman Yuzu Ponzu and serve with the lamb and fruits. Garnish with the mint or coriander leaves.