KIKKOMAN

Lamb tagine with roasted vegetable cous cous

Total time **465 mins** **165 mins** preparation time **300 mins** marinating time

Nutritional facts (per portion):
3,288 kJ / 785 kcal

INGREDIENTS

4 portion(s)

1 tsp	each of ground ginger, coriander and turmeric
675 g	lean lamb, cut into 2.5 cm / 1 in pieces
6 tbsp	olive oil
1	onion, peeled and chopped
3	garlic cloves, peeled and crushed
2	large carrots, chopped
150 g	no soak dried apricots, halved
400 g	tin of chopped tomatoes
300 ml	lamb or beef stock
2 tbsp	Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

For the tagine, put the ginger, coriander and turmeric in a bowl, mix in the lamb then refrigerate for several hours.

Step 2

Preheat the oven to 150 C / Gas mark 2. Heat 2 tablespoons olive oil in a frying pan and brown the lamb in batches over a fairly high heat, transferring them to a tagine dish or large casserole.

Step 3

Lower the heat and gently fry the onion for 5 minutes. Add the garlic and carrots, cook for 2 minutes, then add the apricots, tomatoes, stock and soy sauce. Bring to the boil, pour into the dish over the meat, cover tightly and cook in the oven for 2 hours.

Step 4

Serve with cous cous with grilled vegetables, olives and harissa paste sprinkled with toasted flaked almonds.