

Minty Lamb & Apricot Tagine

Penny asked for this recipe to be included. It was one of Mum's favourites and Penny fondly remembers cooking it with her the last time she visited The Cornerhouse in January 2020. (Becca)

Serves 6

Ingredients

2 tblsp olive oil
1 large onion, chopped
1.25 kg boneless lamb, cubed
450ml chicken stock
1 tblsp red wine vinegar
1 tblsp runny honey
85g dried apricots, chopped
10g fresh mint, chopped + sprigs for garnish
50g pinenuts, toasted

1 pot natural yoghurt, to garnish

Method

Heat the oil in a large pan, then fry the onion until lightly browned. Add the lamb and stir well, allowing it to seal slightly.

Add the stock, vinegar, honey and apricots. Bring to the boil, then lower the heat, cover and simmer for 1 hour, stirring occasionally.

Stir in the chopped mint and pine nuts (keep back a few nuts for garnishing) and season with salt and pepper to taste. Simmer for 15 minutes.

Serve with couscous, garnished with some mint, pine nuts and a drizzle of natural yoghurt.

