



SPICY LAMB TAJIN

Classical Moroccan dish where lamb is cooked with mouth-watering aromatics. Dried fruits add a different dimension.

Nutrition Facts Per Serving: Calories 1012, Protein 71g, Carbs 93g, Fat 39g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 15 min, **Cooking Time:** 90 min



INGREDIENTS

Lamb	Haresa Paste (optional)
Onion	Dry Apricot Prunes
Garlic	Salt
Olive Oil	Coscos (boiling water & oil as per instruction on package)

METHOD

1. Rinse the meat with tap water & tap dry.
2. Wash dried fruits under cold water then cover in boiling water & soak for 15 minutes. Strain soaked fruits & discard excess liquid.
3. Put a heavy large pot over med-high heat, add oil & heat. When oil is sizzling, add the meat chunks & toss quickly to brown on all sides.
4. Add the sliced onion & toss until it starts to change color.
5. Add all other ingredients except fruits & salt & toss quickly to mix. Add 2 tablespoons water to deglaze.
6. Reduce heat to low, cover & simmer. Lamb will "sweat" & will provide its own juices to the dish. If the mixture becomes too dry, add a little water & stir to avoid sticking to the bottom of the pot.
7. Add the fruits after 30 minutes of cooking toss to mix, check if there are enough juices & continue cooking covered for 15 more minutes.
8. Add salt & stir through then replace cover & continue cooking for 15 minutes more until meat is very tender (total cooking about 1 hour or until meat is very tender).
9. Serve immediately with coscos (or rice)

Coscoss

1. Place a skillet over med heat, when hot add olive oil and swirl to heat.
2. Add coscoss & stir continuously for 1 minute or until coscoss is slightly toasted.
3. Boil measured water (see package), add, & stir, cover & immediately remove from heat.
4. Stand for 5 minutes, fluff with fork & serve directly.

BON APPETIT