



## Moroccan Lamb Stew

with Barley and Apricots



30-40min



2 Portions

There are so many things to love about this one-pot wonder (besides the lack of dishes). By using mince meat, you get the great flavours that lamb has to offer in a fraction of the time it takes to make a classic stew. It's accompanied by a simple cucumber and parsley salad making it the ideal dish to enjoy this autumn. Plus we use pearl barley which has a higher dietary fibre content than rice...



## What we send

- diced tomatoes
- spice mix
- carrot
- Lebanese cucumber
- ginger and parsley
- dried apricots
- pearl barley <sup>1</sup>
- lamb mince
- lemon

## What you'll require

- Australian honey
- olive oil
- salt and pepper

## Utensils

- grater
- large saucepan and lid

- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1). May contain traces of other allergens.

## Nutrition per serving

Energy 525.0kcal, Fat 22.7g, Proteins 41.1g, Carbs 86.8g



### 1. Prepare vegetables

Preheat oven to 220C. Cut the **carrots** on the diagonal into 5mm slices. Peel and finely grate the **ginger**. Coarsely chop the **dried apricots**. Zest and juice half of the **lemon**. Cut the remaining half into wedges.



### 2. Brown lamb

Heat 1 tbs **oil** in a large saucepan over high heat. Cook the **lamb**, stirring to break up any lumps for 5 mins or until browned. Season with **salt and pepper**.



### 3. Add spice mix

Stir in the **spice mix** and cook for 1 min or until fragrant.



### 4. Add barley

Stir in the **chopped tomatoes, pearl barley, carrots, apricots**, 1 tsp **honey**, 1 tbs **grated ginger, lemon zest** and 250ml (1 cup) water. Bring to the boil. Cover and transfer to the oven. Bake for 20-25 mins until barley is tender.



### 5. Prepare cucumber

Meanwhile, halve the **cucumber** lengthwise and discard seeds with a small spoon. Thinly slice on the diagonal. Pick the **parsley** leaves (discard stems).



### 6. Get ready to serve

Combine 2 tsp **lemon juice** with 2 tsp **oil** in a large bowl. Add the **parsley** and **cucumber**, season with **salt and pepper** and toss to coat. Season stew with **salt and pepper** and divide between two bowls. Top with **parsley salad** and serve with **lemon wedges** on the side.