

MARLEY SPOON



Moroccan Lamb Tagine

with Barley, Carrots and Apricots



40-50min



4 Portions

There are so many things to love about this healthy take on the North African spiced stew. Using minced lamb means that you have all the great flavours of this meat in a fraction of the time it usually takes to cook a traditional tagine with larger cuts of lamb. We also add pearl barley to the mix, which increases the fibre content of the dish and adds a lovely nutty texture to this global favo...

What we send

- diced tomatoes
- dried apricots ¹⁷
- lamb mince
- baby spinach leaves
- pearl barley ¹
- turmeric, cumin, cinnamon mix
- ginger, parsley and coriander
- lemon
- carrot

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- Australian honey
- olive oil
- sea salt and pepper
- water

Utensils

- grater
- large saucepan and lid
- Oven-proof frypan

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

Allergens

Gluten (1), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 500.0kcal, Fat 13.6g, Proteins 36.1g, Carbs 52.1g



1. Cook pearl barley

Preheat the oven to 220C. Rinse the **pearl barley**, then put in a large saucepan. Add enough water to completely submerge the pearl barley by at least 5cm, then cover with a lid. Bring to the boil over medium-high heat, then remove the lid and cook for 10 mins to par-cook. Drain well.



4. Add barley

Stir in the par-cooked **pearl barley**, **tomatoes**, **carrot**, **apricots**, **honey**, **ginger**, **lemon zest** and the **water**, and bring to the boil. Cover with a lid and transfer to the oven. Bake for 25 mins or until the barley is tender. Stir in the **baby spinach**, cover with the lid and set aside for 2 mins or until spinach wilts. Season to taste with **salt and pepper**.



2. Prepare vegetables

Meanwhile, peel and thinly slice the **carrot(s)** into 5mm-thick rounds. Peel and finely grate the **ginger**. Coarsely chop the **dried apricots** (use half for 2P** see cooking tip). Cut **half the lemon** into wedges. Finely grate the rind and juice the **remaining lemon**.



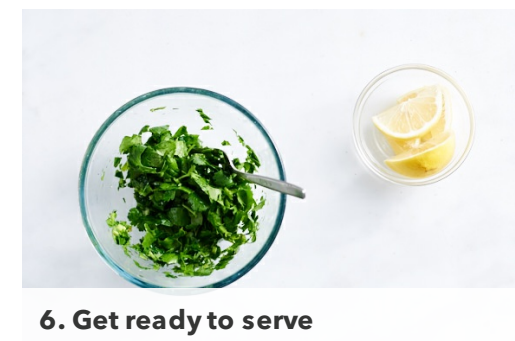
5. Make lemon dressing

While tagine is cooking, using a fork, whisk together the **lemon juice** and the **remaining oil** in a bowl. Season to taste with **salt and pepper**.



3. Brown lamb

Heat **half the oil** in a large deep ovenproof frypan over high heat. Cook the **lamb** for 5 mins or until browned, stirring to break up any lumps. Stir in the **Moroccan stew mix** and **salt**, and cook for 2 mins or until fragrant.



6. Get ready to serve

Pick the **coriander** and the **parsley** leaves and finely chop the stems of both herbs. Add to the lemon dressing and stir to combine. Divide the tagine among bowls, top with the herb mixture and serve with the lemon wedges.