

# MARLEY SPOON



## Moroccan Lamb Stew

with Preserved Lemon Couscous



30-40min



2 Portions

Fast-track your way to a Moroccan lamb tagine with this easy recipe that showcases the same authentic aromatic spices and signature dried fruit. Served with a tart preserved lemon and mint couscous for fresh contrast, this global gem is sure to be a family favourite.

## What we send

- preserved lemon
- tomato paste
- spiced lamb spice mix (ginger, cinnamon, turmeric) <sup>17</sup>
- mint and 1 garlic clove
- 1 carrot and 1 onion
- currants
- cous cous <sup>1</sup>
- Greek-style yoghurt <sup>7</sup>
- chicken stock powder
- lean diced lamb steak

## What you'll require

- olive oil
- sea salt and pepper
- water

## Utensils

- large deep frypan
- medium saucepan

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

## Allergens

Gluten (1), Milk (7), Sulphites (17).  
May contain traces of other allergens.

## Nutrition per serving

Energy 740.0kcal, Fat 22.7g, Proteins 41.1g, Carbs 86.8g



### 1. Prepare ingredients

Cut the **lamb** into 1cm chunks and put in a bowl with the **spice mix, salt and pepper**. Stir to coat. Halve and thinly slice the **onion**. Crush or finely chop the **garlic**. Peel the **carrot**, then cut into 1cm chunks. Combine the **stock powder** with the **boiling water** (see staples list).



### 2. Brown lamb

Heat **half the oil** in a large deep frypan over high heat. Add the **lamb** and cook, stirring occasionally, for 5 mins or until evenly browned. Remove with a slotted spoon and set aside.



### 3. Cook lamb in sauce

Add the **onion** and **garlic** to the pan and reduce heat to medium. Cook, stirring, for 5 mins or until softened, then return the **lamb** to the pan. Add **half of the stock** and the **tomato paste**, and stir well to combine. Bring to the boil, then cover with a lid and simmer for 5 mins.



### 4. Add carrot

Stir in the **carrot** and **currants**, cover with a lid and simmer for a further 10 mins.



### 5. Prepare couscous

Meanwhile, put the **couscous** in a large heatproof bowl and the **remaining stock** and **cold water** in a medium saucepan. Bring to the boil, then add to the couscous with the **remaining oil** and **salt**. Stir to combine, then cover with plastic wrap. Stand for 5 mins or until couscous is tender. Fluff up the grains with a fork.



### 6. Get ready to serve

Meanwhile, discard the **preserved lemon** pulp and finely chop the rind. Finely chop the **mint** leaves, discarding the stems. Stir **half the mint** into the **yoghurt** and season with **salt**. Add the **remaining mint** and the **preserved lemon** to the couscous and stir to combine. Divide couscous among bowls and top with the lamb mixture and the yoghurt sauce to serve.