



## Moroccan Lamb Tagine with Quinoa Pilaf

By Ellen Emerson

Tagine is the name for both a cooking vessel and a stew that are hallmarks of Moroccan cuisine. You do not need a special pan to make your own version of this delicious dish. Don't be intimidated by the list of spices in the ingredients – based on a traditional Moroccan spice mixture it brings a wonderful depth of flavor to what is an overall easy to prepare entree.

4 servings

**Prep Time:** 20 minutes

**Cook Time:** 1 - 1 1/2 hours

### Ingredients

- 1 tablespoon paprika
- 1 1/2 teaspoon ground cumin
- 1 1/2 teaspoons ground coriander
- 1 teaspoon sea salt
- 1 teaspoon turmeric
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon freshly ground black pepper
- freshly ground nutmeg
- pinch ground cloves
- Pinch of cayenne (optional)
- 1 1/2 pounds lamb stew meat (lamb shoulder cut)
- 3 tablespoons extra virgin olive oil, divided
- 1 cup onion, coarsely chopped
- 4 dried apricots, cut into small pieces (unsulphered variety)
- 1/2 cup canned diced tomatoes
- 1/2 cup low-sodium chicken or low-sodium vegetable stock
- Grated zest of 1 lemon
- 1 1/2 cups quinoa, rinsed
- 1 vegetable bouillon cube
- 1 cup yellow onion, chopped
- 1/3 cup slivered almonds, toasted
- 1 tablespoon minced fresh parsley



Photo: Lori Eanes Photography

## Instructions

1. In a large bowl, mix together the spices. Cut the lamb into cubes, and toss to coat thoroughly. Set aside to marinate while you chop the onion and slice the apricots.
2. Heat a large skillet with a lid over medium-high heat. Add the olive oil and let it get hot, but not smoking hot. Working quickly, brown the lamb stew meat in the heated oil, about 30 seconds per side. Remove the browned meat to a plate. (You may need to do this in batches so as not to crowd the pan.) Add the onion to the pan, reduce the heat to medium or medium-low and cook, stirring occasionally, for 5-7 minutes until the onion is translucent. The onion pieces should pick up bits of spice that came off in the pan while the lamb browned.
3. Add the chopped tomato and chicken stock to the pan, stir to combine, then return the lamb to the pan. Bring the liquid to a boil, then reduce to a simmer and cook, covered. After forty-five minutes, stir in the sliced apricots. Continue cooking, covered, for another fifteen minutes or half hour, until the lamb is very tender.
4. While the lamb braises, prepare the quinoa per the package instructions, adding the vegetable bouillon cube to the cooking liquid if desired for added flavor. Sauté the chopped onion in the remaining olive oil until it is beginning to caramelize. To finish the pilaf, stir the sautéed onion and toasted almonds into the cooked quinoa and fluff with a fork. Stir in the minced parsley for added color as desired.
5. To finish the tagine, stir in the lemon zest and then season as needed to taste. To serve, put the quinoa in a shallow bowl and then spoon the lamb tagine over.

© 2013 MyFoodMyHealth. MyFoodMyHealth recipes are provided for limited, personal, non-commercial use. Copying and/or re-distributing recipes, or portions thereof, without the express written consent from MyFoodMyHealth is prohibited.

*The Flavor of Feeling Better*

[www.myfoodmyhealth.com](http://www.myfoodmyhealth.com)