



**tropical  
wholefoods**

## Lamb Tagine with Fairtrade Mango and Apricots

The fruity, warm spice flavours in this gorgeous, easy dish take your taste-buds on a trip to North Africa. Accompany with couscous or our Jewelled Rice, with our fresh coriander relish Chutni Gashneez on the side.

Serves at least 6 people

### Ingredients

75g Tropical Wholefoods Organic Fairtrade Dried Mango  
75g Tropical Wholefoods Fairtrade Sun Dried Apricots  
1.25 kg boned shoulder of lamb, or lamb fillets  
50g unsalted butter  
2 tbsp vegetable oil  
2 tsp saffron  
1 tsp ground black pepper  
1 tsp ground ginger  
1 tsp ground cumin  
2 tsp ground cinnamon  
1 medium onion, grated or very finely chopped  
1 cinnamon stick  
2 long strips of lemon zest  
Salt and freshly ground black pepper  
50g Tropical Wholefoods Fairtrade Apricot Kernels  
Fresh coriander



### Method

1. Soak the dried fruit in water.
2. Cut the lamb into 4cm cubes, trimming off any gristle and excess fat.
3. Heat the butter and oil in a wide frying pan or shallow flame-proof casserole. Add the ginger, saffron, pepper, cumin and cinnamon and stir around so spices are nicely toasted.
4. Tip in the lamb and coat in the mixture. Cook over a moderate heat until lamb is no longer pink on the outside.
5. Add the onion and just enough water to just cover the ingredients. Bring to the boil, partially cover, and then simmer gently for 1 to 2 hours or until the meat is tender.
6. Drain the fruit, reserving the soaking liquid. Add the fruit, the cinnamon stick and lemon zest to the meat. Simmer uncovered for a further 30 minutes. If you are short of liquid, add some of the fruit soaking water. Season to taste with salt and freshly ground black pepper.
7. Dry fry the apricot kernels for a couple of minutes, then scatter on top of the tagine along with some chopped fresh coriander. Serve with couscous or rice.

