



Moroccan Lamb Stew

NIBBLEDISH CONTRIBUTOR

Ingredients

Serves 3-4

- 450g lamb neck fillet, diced
- 3 gloves garlic, finely sliced
- 1 shallot, finely sliced
- 1 red onion, finely chopped
- can chopped plum tomatoes
- can chickpeas
- 1 butternut squash, peeled & diced
- 8 peppercorns
- about 10 fresh thyme sprigs
- 1 tbsp harissa paste
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 tbsp olive oil plus more for frying
- 1/3 bottle red wine
- 2 handfuls fresh spinach

Instructions

This is an easy but extremely tasty dish - mildly spiced and great for winter. Serve with some flatbread or pitta.

1. Mix the olive oil, oregano, cumin, coriander & garlic in a bowl. Add the lamb and cover it well. Marinate for 2 hours.
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2. Fry the onion & shallot with the peppercorns in a large heavy pan, on a medium heat until tender and translucent (about 5 mins).
 3. Add the lamb and brown all over, stirring to ensure the garlic doesn't burn (add a little more oil if necessary).
 4. Raise the heat, add the red wine and deglaze the pan. Leave for about 2 minutes to reduce and for the alcohol to evaporate.
 5. Add the chickpeas and tomatoes.
 6. Simmer for 30 minutes.
 7. Add butternut squash and simmer for a further 20 minutes.
 8. Just before serving, add the spinach and stir until wilted.
 9. Serve immediately in bowls, discarding any thyme stalks, and enjoy.