

## Lamb Tagine with Chickpeas and Apricots

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 6 servings

### Ingredients:

¾ cup dried chickpeas  
 5 garlic cloves (2 whole, 3 chopped)  
 1 large cinnamon stick, broken in half  
 2 tablespoons olive oil  
 3 pounds, 1 inch cubes lamb shoulder  
 1 large onion, diced  
 1 ½ teaspoon coriander seeds  
 ¾ teaspoon cumin seeds  
 ½ teaspoon crushed red pepper flakes  
 1 ¼ teaspoons ground cinnamon  
 1 teaspoon paprika  
 ½ teaspoon ground cardamom  
 ½ teaspoon ground ginger  
 ½ teaspoon ground turmeric  
 1 tablespoon chopped peeled ginger  
 1 cup canned diced tomatoes with juices  
 2 ½ cups (or more) low-salt chicken stock  
 ½ cup halved dried apricots  
 4 cups steamed couscous  
 Chopped fresh cilantro  
 Kosher salt  
 Freshly ground black pepper



### Method of Preparation:

1. Place chickpeas in a medium saucepan. Add water to cover by 2 inches. Let soak overnight.
2. Drain chickpeas; return to same saucepan. Add 2 whole garlic cloves and cinnamon stick. Add water to cover by 2 inches. Bring to a boil, then reduce heat to medium and simmer until chickpeas are tender, about 45 minutes. Drain; set aside.
3. Meanwhile, heat oil in a large heavy pot over medium-high heat. Season lamb with salt and pepper. Working in batches, brown lamb on all sides, about 4 minutes per batch. Transfer lamb to a medium bowl. Add onion to the pot; reduce heat to medium, season with salt and pepper, and sauté until soft and beginning to turn golden, about 5 minutes.
4. Add chopped garlic and all of the spices. Stir for 1 minute. Add tomatoes and lamb with any accumulated juices. Bring to a boil. Add 2 ½ cups stock. Return to a boil, reduce heat to low, partially cover, and simmer, stirring occasionally, until lamb is tender, about 1 hour 30 minutes.
5. Stir in chickpeas; simmer until heated through, about 10 minutes. Stir in apricots; simmer until heated through, about 5 minutes. Season with salt and pepper.

### To assemble:

1. Spoon couscous onto a large, shallow platter, forming a large well in center. Spoon tagine into center. Sprinkle cilantro over.
2. Serve.

### Nutritional Analysis:

Calories: 817  
 Carbohydrates: 41g  
 Sodium: 288mg  
 Protein: 44g  
 Fat: 51g  
 Fiber: 4g