

Moroccan leg of lamb



Simple recipe,
tasty result

A taste of summer

Serves
6

Prep in
10

Cook in
1.5hrs

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Moroccan leg of lamb

SERVES: 6

TAKES: 10 MINUTES TO
MAKE & 1.5 HOURS TO COOK

For the marinade:

100g dried apricots

2 tbsp olive oil

25g fresh mint, finely chopped (optional)

2 cloves garlic, peeled and crushed

Zest of 1 lemon, finely grated

For the chick peas:

2 red onions, peeled and trimmed

4 cloves garlic

Small piece fresh root ginger, peeled and finely
chopped or 2 tsp ground ginger

2 cinnamon sticks or 3 tsp ground cinnamon

2 x 400g tins chick peas, drained and rinsed

500ml boiling vegetable or lamb stock

To serve, chilli sauce and a large handful of fresh
coriander or thyme, chopped (optional)

1 Preheat the oven to 200°C/fan
180°C/Gas 6. Cut small slits all
over the lamb. Chop the apricots
into small pieces, put into a bowl
with the other marinade
ingredients and mix well.

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1
of your
5 a day



2 Put the lamb into a large bowl,
pour over the marinade and rub
all over the meat, working into
the slits. Leave to marinate if you
have time.

3 Slice the red onions and put
into a roasting dish with the
garlic, ginger, cinnamon, chick
peas and stock.

4 Sit the lamb on top and roast
for 1½ hours (or 30 minutes per
450g), or until cooked to your
liking, covering with foil halfway
through. Serve with chilli sauce
and the fresh coriander or thyme,
if you like.

approx. per serving (serves 6)*

ENERGY 1720kJ 410kcal 21%	FAT 19.4g MED 28%	SATURATES 5.6g MED 28%	SUGARS 8.8g LOW 10%	SALT 0.9g MED 14%
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% of adult's reference intake

carbohydrates per serving: 22.2g

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