

Moroccan Lamb

Serves 4

Preparation Time: 15 minutes

Cooking Time: 25 minutes

1 tablespoon olive oil

12 mid-loin lamb chops, well trimmed of fat

2 onions, sliced

1 large red capsicum, sliced

1 teaspoon paprika

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon turmeric

½ teaspoon ground cinnamon

1-2 teaspoons crushed chilli

1 cup chicken stock or water

250g butternut pumpkin, peeled and diced (or 2 carrots, peeled and diced)

grated rind of 1 lemon

1/3 cup fresh coriander or continental parsley, chopped

natural yogurt, for serving

couscous or rice, for serving

toasted slivered almonds and extra coriander, for serving

Heat oil in a heavy based casserole dish, brown lamb well on both sides and remove. Add onion, pepper, spices and chilli and saute for 1 minute. Add stock, pumpkin and lamb and simmer covered for 10 minutes. Remove lid, add lemon rind and simmer uncovered a further 10 minutes or until reduced slightly. Add chopped coriander. Serve over couscous with a dollop of yogurt, sprinkled with almonds and extra coriander.