



Moroccan lamb shanks

30'

Hands on

10 minutes'

Hands off

90'

Cook Time

4-6

Portion(s)

2

Difficulty



Method

- In a large **bowl** , add the lamb pieces and dredge them with flour.
- Place a **pot** over medium heat.
- Add the lamb inside, and sauté it for 4-5 minutes until it is nicely golden on all sides.
- Remove from the heat, add the lamb into a bowl, and set it aside.
- Finely chop the onion and the cloves of garlic.
- In the same pot add the olive oil, onion, garlic, and sauté them for 2-3 minutes until they are tender.
- Add the tomato paste and keep sautéing for two more minutes.
- Deglaze the pot with the red wine and let the alcohol evaporate, for 2-3 minutes.
- Add the canned tomatoes, chili flakes, allspice, cinnamon, cumin, water, chicken bouillon cube, salt, pepper, and mix with a serving spoon.
- Lastly, add the meat.
- Cover the pot with a lid and let it boil at low heat for 60-90 minutes, until the meat is tender.
- When the meat softens, turn off the heat, remove it from the pot, and add the couscous into the pot.
- Mix with a fork and allow 10 minutes for the couscous to rise.
- Lastly, add the cashews coarsely chopped and the raisins.
- **Serve** with the lamb, the fresh coriander finely chopped, and the couscous.

Ingredients

- 4 lamb shanks
- 2 tablespoons all-purpose flour
- 1 onion
- 2 cloves of garlic
- 2-3 tablespoons olive oil
- 1 tablespoon tomato paste
- 50 g red wine
- 400 g canned tomatoes
- 1 teaspoon chili flakes
- 1 teaspoon allspice, ground
- 1 teaspoon cinnamon powder
- 1 teaspoon cumin powder
- 800 g water
- 1 chicken bouillon cube
- salt
- pepper
- 500 g couscous
- 50 g cashews, coarsely chopped
- 50 g black raisins
- fresh coriander, finely chopped, to serve

Διατροφικός πίνακας

Nutrition information per portion

758 Calories (kcal)	31.0 Total Fat (g)	9.0 Saturated Fat (g)	70.0 Total Carbs (g)
38%	44%	45%	27%
9.1 Sugars (g)	45.0 Protein (g)	7.3 Fibre (g)	2.2 Sodium (g)
10%	90%	29%	37%