



Moroccan lamb with rice

Recipe by School Food Matters



Serves 5



1 ½ hours

INGREDIENTS

- 500g lamb, diced
- 1 onion, diced
- 1 clove garlic, peeled and crushed
- 1tbsp olive oil
- 1 small zucchini, diced
- 2 carrots, diced
- 1tbsp Moroccan spice
- 1 tbsp reduced-salt chicken-style stock powder
- 400g (1 tin) crushed tomatoes
- 400ml water
- 100g (⅔ cup) dried apricots
- 1 ½ cups rice (uncooked)
- Salt, to taste
- Greek yoghurt and herbs, to serve

NOTES

Use what is in season and available to you, for example peas, corn, zucchini or capsicum.

DIRECTIONS

1. Place a large saucepan or stock pot over medium heat and add olive oil.
2. Add the diced onion and cook until soft and caramelised.
3. Add the lamb and cook until brown.
4. Add the garlic, zucchini, carrot and Moroccan spice and fry for 3 minutes.
5. Add chicken-style stock powder, crushed tomatoes, water and apricots. Reduce heat slightly and cook uncovered at a gentle simmer for about 1 hour, or until lamb is tender. Make sure you stir the pot occasionally so it doesn't burn on the bottom.
6. While the lamb is cooking, rinse the rice, then cook it using your preferred method.
7. Once the lamb is tender and the sauce is reduced, stir through the cooked rice.
8. Garnish with fresh herbs from the garden, if available, and serve with a dollop of Greek yoghurt.



Afternoons

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