

2 tbsp olive oil
2 red onions, roughly chopped
750g lamb neck, cut into 2.5cm cubes
1 tsp ground cumin
heaped ½ tsp ground cinnamon
heaped ½ tsp ground ginger
a pinch of turmeric
a pinch of cayenne pepper

1 × 400g tin chopped tomatoes
150ml stock, or more if needed
70g dried unsulphured apricots,
roughly chopped
1 tsp salt (or more to taste)
FOR THE COUSCOUS
½ large or 1 small cauliflower,
broken into florets

3 parsnips, peeled
1 small red chilli, finely chopped
2 tsp ground cumin, or to taste
2 tbsp olive oil
a handful of fresh parsley, roughly
chopped, plus extra to serve
2 tbsp pomegranate seeds (optional)
salt and freshly ground black pepper

LAMB TAGINE WITH CAULIFLOWER & PARSNIP COUSCOUS

Serves 3–4

Lamb, cinnamon and apricot are a threesome I cannot resist, and this spicy sweet tagine is bursting with flavour and warmth – and all in one pot.

The healthy riff on traditional couscous packs in some extra plant-based goodness and the sweetness of the parsnip gently complements the tangy, juicy apricot. Don't be afraid to throw on extra herbs, while the optional crunchy pomegranate seeds add some Middle Eastern magic.

Heat the olive oil in a tagine or large cast-iron pot over a medium heat and sauté the onions for about 5 minutes, or until golden. Add the lamb, spices and a sprinkle of salt and cook over a high heat for 5–6 minutes until each cube is browned all over.

Lower the heat and add the chopped tomatoes, stock and another pinch of salt. Cover and simmer over a low heat for 1½–2 hours, stirring regularly and adding more stock or water if needed. Stir in the chopped apricots for the last 30 minutes of cooking time.

Meanwhile, prepare the couscous. Grate the cauliflower and parsnips using a medium grater or food processor with a grater blade. Place in a bowl and add the chilli, cumin, oil, parsley, pomegranate seeds (if using) and salt and pepper. Toss thoroughly, then taste and adjust the seasoning.

Serve with the lamb and an extra sprinkling of chopped parsley.