

# Alberta Lamb Tagine



## Ingredients:

500g boneless Alberta Lamb shoulder, cubed  
1 yellow onion, diced  
2 cloves garlic, minced  
1 tsp. ground cinnamon  
1 tsp. ground cumin  
2 tsp. tumeric  
2 Tbsp tomato paste  
¾ cup dried prunes  
1 cup whole almonds  
½ cup liquid honey  
1 cup chicken stock  
Salt & pepper to taste

## Method:

Sauté first six ingredients together until the meat is lightly browned and onions are translucent.

Combine final six ingredients together and add to meat mixture, cover and simmer for one hour until the meat is tender. Serve over steamed vegetables and couscous.

Recipe courtesy Chef Darren Nixon

Your Notes



You've got **GREAT** taste!

[www.AlbertaLamb.ca](http://www.AlbertaLamb.ca)