

LAMB TAGINE WITH ALMONDS



Something for a quick supper and delicious when paired with

Insight Single Vineyard Pinot Gris

Serves 4

INGREDIENTS

600g diced lamb
Olive oil
1 onion, finely chopped
400g chopped tomatoes
400g chick peas
1 small pumpkin, chopped into cubes
100g prunes roughly chopped
3 tblspn almonds roughly chopped
1 tblspn ras el hanout spice mix
1 tblspn ground cinnamon
1 tblspn ground cumin
1 tblspn ground ginger
1 tblspn paprika
Bunch of fresh coriander, roughly chopped.

METHOD

- 1) Mix all spice ingredients together and rub all over lamb pieces.
- 2) Heat a pan, stir in almonds until lightly browned. Set aside.
- 3) In pan, add a drizzle of olive oil, add spiced lamb and fry until slightly browned. Add onion and stir for a further 4-5 minutes.
- 4) Add half coriander and fry for another 3 minutes.
- 5) Tip in tomatoes, chick peas and stock. Bring to the boil, then put lid on and reduce to simmer for 45 minutes.
- 6) Add pumpkin cubes, prunes. Simmer for further 15 minutes, until quite dry.
- 7) Serve on cous cous with almonds and coriander as garnish.



TASTING NOTE: INSIGHT Single Vineyard Pinot Gris

Wonderfully sensory. Look for the texture in the glass.

Aromas of sun-blush apricots, juicy peach, ripe quince and almonds.

Taste; oily, hazelnuts, figs and dried apricot. Hints of nectarine and spicy green tea.

Totally moreish.