

LAMB HARIRA WITH SPICES AND DATES

STEPS TO FOLLOW

12

RECIPES EN-ROUTE

INGREDIENTS



1 person

100 g stewing lamb
A few coriander leaves
40 g cooked chickpeas
20 g cooked lentils
20 g thick noodles
1/2 ripe tomato
2 tbsp tomato frito sauce
1 stick of celery
1/2 red onion
1 garlic clove
1/2 carrot
600-800ml approx. of chicken or beef stock
6 dates
2 tbsp raisins
1 teaspoon turmeric, cinnamon, ras el hanout,
ground ginger, nutmeg
1tbsp chopped parsley
6 saffron strands
Olive oil, salt and black pepper



1 Prepare the ingredients:

Season the meat. Chop the onion, carrot and celery. In a mortar, grind the spices with the garlic.

2 Sofrito:

Gently fry the meat in a pan with a good splash of olive oil. Remove the meat, add the chopped vegetables and gently fry for about 5 mins. Add the meat again, along with the spice mix and garlic from the mortar. Lightly fry for 1 min. Add the chopped tomato, gently fry for 1 min, then add the tomato frito sauce. Add the stock and leave to cook with the lid on for around 25 mins. When the meat starts to become tender, add the lentils, chickpeas, parsley, coriander, saffron, chopped dates and raisins.

3 Noodles:

Now add the noodles and wait for them to cook, season to taste and it's ready to eat.

If you want to make this recipe for more people, just multiply the quantities by the number of guests.