

# Moroccan Eggs - Lamb with Eggs and Almonds



Preparation time: 100 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Dinner Recipes

Slow cooked meat is always a welcome meal in the cooler months so this Moroccan eggs with lamb recipe is perfect to keep up your sleeve for winter. This delicious and hearty dish, mixes the spice flavours of saffron and ginger and when paired with garlic, coriander, butter and almonds, you'll wish you'd made this recipe sooner!



## Ingredients

- 6 hard-boiled eggs
- 1.25kg lamb shoulder chops (try a forequarter chop)
- 3 tablespoons olive oil
- 2 onions, coarsely grated
- 3 garlic cloves, finely chopped
- 2 tsp ground ginger
- 1/4 tsp ground saffron threads
- 1 large handful coriander leaves, chopped

- 40g butter
- 150g blanched almonds
- Coriander leaves, extra, to serve

Method

1. Heat half the olive oil in a large saucepan over high heat.
2. Trim the excess fat from the chops and brown the lamb on each side in batches in the pan, removing to a dish when cooked.
3. Add a little more oil as required to the pan and reduce the heat to low, add the remaining oil and the onion and cook for 5 minutes, or until the onion has softened. Add the garlic and ginger and cook for a few seconds.
4. Pour in 375ml water and stir to lift the browned juices off the base of the pan. Return the lamb to the pan, along with the saffron, 1 teaspoon salt and a good grinding of black pepper. Cover and simmer over low heat an hour and 15 minutes, then stir in the coriander and cook for a further 15 minutes, or until the lamb is tender.
5. Meanwhile, melt the butter in a separate frying pan over medium heat, add the almonds and fry them, tossing frequently. Once golden, remove the almonds from the pan and set them aside in a bowl to prevent them over-browning.
6. Shell and halve the boiled eggs.
7. Arrange the lamb on a serving dish, spoon the sauce over and sprinkle with the almonds (warm the almonds a little first if the butter has congealed). Arrange the eggs on top and scatter with a few coriander leaves to serve.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
342g	2970kJ 710kcal	48.7g	54.4g	16.5g	5.3g	4.5g	239mg	4.8g	6µg

All nutrition values are per serve.