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## Moroccan Lamb Shoulder

### with Warm Bean & Cranberry Salad

Serves 4

#### **SPICE RUB**

1 tsp. ground cumin  
1 tsp. ground ginger  
¾ tsp. black pepper  
½ tsp. ground cinnamon  
½ tsp. ground coriander  
½ tsp. ground allspice  
¼ tsp. ground cloves  
1 tsp. salt  
2 cloves, crushed  
2 tblsp. olive oil  
sea salt flakes  
1 tsp. lemon juice  
½ bunch flat leaf parsley

#### **LAMB**

1.2kg lamb shoulder  
1 tblsp. olive oil  
1 large brown onion, finely diced  
1 cup chicken stock  
1 tin (300g) chickpeas, drained

#### **WARM SALAD**

300g green beans, trimmed  
50g dried cranberries  
40g flaked almonds, toasted  
zest of ½ lemon  
½ tblsp. extra virgin olive  
sea salt flakes

1. Combine the spice rub ingredients in bowl and stir to combine.
2. Cut the lamb shoulder into large, palm-of-your-hand size pieces. Rub liberally with the spice rub and set aside for as long as you can (preferably overnight)
3. To cook the lamb, heat the olive oil in the base of a pressure cooker (or large saucepan) over medium-high heat. Brown the lamb, in batches (ensuring you don't crowd the pan) until it has a deep brown colour on both sides. Remove to a plate while you cook each batch.
4. Add the onion to the cooker and cook, stirring regularly, until translucent.
5. Add the chicken stock to the cooker, stirring vigorously to lift any flavour from the bottom of the pan and to incorporate it. Add the lamb back into the cooker submerging it in the liquid as much as possible. Cover with the lid and pressure cook for 25 mins. (If using a saucepan simmer for 2 hours until tender).
6. For the salad, soak the dried cranberries in boiling water for 30 minutes to rehydrate. Drain.
7. Cook the green beans in boiling salted water until just tender. Drain.
8. Remove the cooker from the heat and activate the steam release. After 5-10 mins, remove the lamb to a plate and shred using forks. Return the cooker with the liquid to a high heat. Add the chickpeas and simmer to reduce liquid to 1/3. Return shredded lamb to the cooker and add lemon juice and the parsley leaves to taste.
9. Combine the warm beans, cranberries and almonds in a bowl. Add the zest, olive oil and a generous pinch of sea salt flakes. Toss to coat and serve immediately alongside the lamb.