

Ingredients

2 tbsp flour
1lb boneless, cubed lamb
3 tbsp olive oil
1 chopped onion
4 cloves garlic, smashed
2 tsp fresh ginger, minced or 1 tsp dried ground
1 tsp ground cinnamon
1 tsp cumin, ground
1 tsp coriander, ground
1/8 tsp saffron
1/2 tsp black pepper
2 1/2 cups low sodium chicken broth
6oz / 1/2 packed cup prunes



Toss the cubed lamb into the flour and coat



Heat the olive oil on a medium heat in a heavy bottomed skillet. Add the lamb cubes and let it saute so you can hear the sizzle and see it begin to brown. Stir the meat after 2 minutes and continue to brown for another 2 minutes.

Prepare the spices and add to the browned lamb with the chopped onion and garlic. Mix and cook for further 3 minutes until the onion begins to soften.



Transfer to your slow cooker and stir in the chicken broth and prunes. Set to low for and cook for 6-7 hours.

Serve with cous cous, lemon juice, olive oil topped with pistachio nuts or sunflower seeds.

