

Moroccan lamb tagine with lemon couscous

Prep: 1 hr 15 mins • Cook: 2 hrs • Serves: 4

Serving this North African dish with couscous keeps it low in potassium. As lamb is higher in fat, we have suggested to serve this recipe for a special occasion rather than every day.



Ingredients

Lamb tagine

- 600g shoulder of lamb, diced
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground coriander
- 1/2 teaspoon turmeric
- 3 tablespoon water
- 1 teaspoon ground black pepper
- 2 tablespoon olive oil
- 1 onion
- 1 garlic clove

300ml low salt vegetable stock

1 tablespoon honey

Lemon and herb couscous

- 300ml boiling water
- 200g couscous
- Zest and juice of 1/2 lemon
- 50ml olive oil
- 1 tablespoon fresh flat leaf parsley
- 1 tablespoon fresh coriander
- Pinch freshly ground black pepper
- Alternatively serve with flatbread instead of couscous.

Special occasion

	Low phosphate		Low protein
✓	Low potassium	✓	Low salt
46.6g	Carbohydrate	846Kcal	Energy

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.



Carbohydrate The main source of carbohydrate in this dish is the couscous. The carbohydrate values have been provided for those who have trained in insulin adjustment.

Phosphate/ potassium This recipe is low in potassium and therefore can be enjoyed in the quantities suggested as part of a low potassium diet.

This dish does contain phosphate so if you have been prescribed a phosphate binder ensure you take them with this meal.

Protein This dish is high in protein which makes it suitable for those receiving dialysis. If you want to reduce the amount of protein reduce the amount of lamb or make the dish with a 50:50 ratio with the vegetarian alternative.

Special diets

Gluten free: Use a gluten free vegetable stock. Couscous is not suitable for a gluten free diet so serve with rice or gluten-free flatbread. **Vegetarian:** Replace the lamb with 400g chickpeas and 400g green lentils. **Vegan:** Omit the honey and use maple syrup.

Healthier option You can serve this dish with couscous or a flatbread. Adding a small portion of vegetables will make this a more balanced meal. As this recipe is low in potassium, boiled broccoli or green beans would be a suitable option.



Cooking in the kitchen with Chef Paul Ripley

This one pot wonder lamb tagine is tender and full of warming spices. Serve with the lemon couscous on the side and you will have a flavourful crowd pleaser.



1

Mix the black pepper, cinnamon, ginger, coriander and turmeric with 3 tablespoons of water to make a marinade for the lamb. Coat the lamb in the marinade, cover with cling film and rest in the fridge for at least 1 hour.



2

Strain the lamb and cook until brown with a little oil in frying pan then move to saucepan. Dice the onion and garlic and cook in the frying pan until soft then add to saucepan. Deglaze the frying pan by adding a little stock and stirring. Pour, along with the remaining stock and marinade into the saucepan.



3

Bring to the boil, cover, and simmer for approximately 1 1/2 hours or until the lamb is meltingly tender but still holding its shape. Uncover the saucepan for the final 10 minutes to reduce and thicken the sauce as required and add the honey.



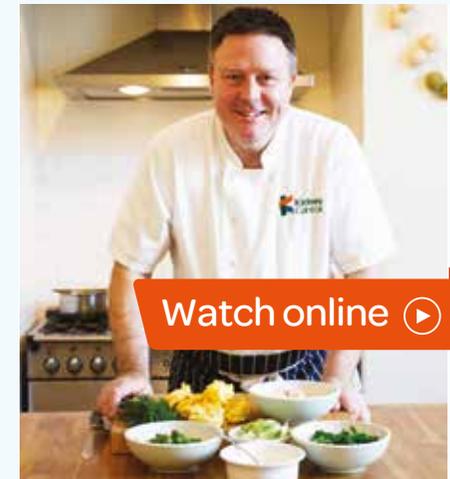
4

Pour the couscous into a large saucepan and cover with boiling water. Stir in the lemon zest and set aside until the grains have swollen. Turn on a low heat, add the olive oil and lemon juice and cook for 2 minutes, stirring with a fork to fluff up the grains. Stir in the chopped herbs and pepper before serving.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

www.kidneykitchen.org



Watch online

Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

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