

# Lamb with Christmas spices

Yield: 6 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-spices-recipe>

## Ingredients:

- 2 onion large, finely chopped Onion un-yun Onions are endlessly versatile and an essential ingredient in countless recipes. Native to...
- 4 garlic clove sliced
- 2 inches fresh root ginger shredded Ginger jin-ger Mainly grown in Jamaica, Africa, India, China and Australia, ginger is the root of...
- 2 tablespoons olive oil olive oil, ol-iv oyl Probably the most widely-used oil in cooking, olive oil is pressed from fresh olives. It...
- 3 5/16 pounds lamb neck fillets lean, cut into chunks Lamb laam A lamb is a sheep that is under one year old, and is known for its del...
- 2 cinnamon sticks
- 8 cloves clove klo-ve The dry, unopened flower bud of the tropical myrtle tree family used to flavour a wide variety...
- 6 cardamom pods
- 1 pinch saffron saffron, sah-fron The stigma of a type of crocus, saffron threads have a pungent and distinctive aroma and flavour...
- 2 bay leaf
- 2 teaspoons ground coriander
- 3 tablespoons almond ground almonds, arr-mund or al-mund Sweet almonds have a subtle fragrance that lends itself well to baking and al...
- 3 5/8 cups beef stock
- 1 1/2 cups apricot pack ready-to-eat dried apricots, ay-pree-kot A relative of the peach, nectarine, plum and cherry, apricots are fra...

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 18 grams
3. Fat: 8 grams
4. Fiber: 6 grams
5. Protein: 6 grams

6. SaturatedFat: 1 grams
  7. Sodium: 300 milligrams
  8. Sugar: 7 grams
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