

Simple Persian-style Lamb Stew

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-lamb-pomegranate-recipe>

Ingredients:

- 1 2/3 pounds lamb leg steaks or neck fillet, cut into chunks
- 2 onions chopped
- 2 teaspoons canela
- 1 teaspoon ground cumin
- cardamom seeds from 3 pods, crushed
- 1 teaspoon paprika
- 2 1/8 cups chicken stock
- 1 tablespoon tomato purée
- 1/2 cup dates quartered
- basmati rice cooked, or couscous to serve
- pomegranate seeds to serve
- mint leaves to serve

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 140 milligrams
4. Fat: 45 grams
5. Fiber: 4 grams
6. Protein: 38 grams
7. SaturatedFat: 19 grams
8. Sodium: 310 milligrams
9. Sugar: 23 grams

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