

# Moroccan Lamb Pot Pie

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Serves 4

## Ingredients:

- 1 tbsp canola oil
- 1 large brown onion, diced
- 3 carrots, sliced
- 4 garlic cloves, minced
- 1 cup grape tomatoes, halved
- 1 lb lean ground lamb
- 1 tsp ground coriander
- 2 tsp ground cinnamon
- 1 tsp grated ginger
- 2 tbsp tomato paste
- 1 cup frozen peas
- 1 cup garbanzo beans
- ¼ cup dried apricots, small diced
- 4 sheets frozen phyllo pastry, defrosted \*
- ¼ cup sliced almonds
- Coconut oil spray



\*this dish is not gluten-free with the phyllo. Try topping it with a gluten-free pie crust instead!

## Directions:

1. Preheat oven to 350. In an oven-safe Dutch oven or large saucepan, heat canola oil over medium heat. Add onions and let cook about 5 minutes, until translucent and browning. Add carrots, garlic, and tomatoes; continue to cook another 5 minutes.
2. Add ground lamb to the pan and break up into small pieces while it's cooking. Season with coriander, cinnamon, ginger, salt, and pepper. Cook until lamb is browned and fragrant. Stir in peas, garbanzo beans, and apricots. Deglaze the pan with about ½ cup water.
3. Cut phyllo pastry into small, irregular strips. Place over the top of the filling haphazardly, but so very little is visible through it. Sprinkle sliced almonds over the top. Spray with coconut oil. Place pan in heated oven without the lid and let cook for 30 minutes. Enjoy!

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