



## **LAMB TAGINE**

750 g Lean Lamb meat

2 tsp Ground Cumin

2 tsp Ground Coriander

1 tsp Hot Chilli Powder

½ tsp Ground Cinnamon

1 tbsp Sunflower oil

2 medium onions diced

2 cloves garlic, peeled and finely chopped.

**400 g Tin chopped Tomatoes**

**400 g Can Chick Peas**

500 ml water

3 tbsp runny honey

1 Stock cube

**1 medium Sweet Potato**

75g no soak dried apricots, halved.

Salt & Pepper

Chopped parsley

**Plain yoghurt**

## **METHOD**

1. Heat oven to 180 C.
2. In large saucepan fry off onion and garlic in sunflower oil. Add lamb and fry until browned.
3. Sprinkle over all the spices and cook for 1 – 2 mins.
4. Add tin of tomatoes and drained and rinsed chick peas. Crumble over the stock cube and add the water.
5. Bring to a simmer.
6. Transfer to ovenproof casserole and cook In oven for an hour.
7. Remove from oven and add sweet potato cut into 4 cm cubes and halved apricots. Return to oven for another 45 – 60 mins until lamb is tender.
8. Serve the tagine sprinkled with chopped parsley and a dollop of yoghurt with either flat breads or cous cous.