

1. Heat oil and brown meat and onions, add spices and garlic and cook for 3-4 minutes.
2. Add carrots and squash or swede to meat with tomatoes, stock, lemon zest and juice, puree, honey and cook on a gentle heat in a covered pan for 1hr 30mins.
3. Add the dried fruits and chickpeas cover and cook for 30 minutes.
4. If tagine is too thin thicken with a small amount of cornflour.
5. Serve with couscous for a taste of the Middle East.

NB cook slowly on cooker top or in a low oven or in a slow cooker for 6hrs.

450gm diced lamb
2 onions, peeled and diced
4 garlic cloves, crushed
2 tbsp oil
3 carrots, diced
½ butternut squash or swede peeled and diced
1tsp ground ginger
2 tsp paprika
¼ tsp turmeric
½ tsp cumin
¼ tsp cayenne pepper
1 tsp cinnamon
1 tsp coriander
1 tbsp tomato puree
1 440gm tin chopped tomatoes
1 tin chickpeas, drained and rinsed
1 lemon, zest and juice
1 tbsp honey
400ml stock, meat or vegetable
100gm dried apricots, diced
100gm dates, diced

MAIN COURSE***'What's Cooking!' Recipe Card*****LAMB TAGINE****Food Fact:-**

Long slow cooking means you can use a less expensive cut of meat that will have time to tenderise. Try to remove as much fat as possible.

Preparation time 15mins

Cooking time 2hrs

Serves 6-8