



Lamb tagine/vegetable tagine

Ingredients

- 2 tbsp olive oil
- 500g lean diced lamb
- 1 large onion, roughly chopped
- 2 large carrots, quartered lengthways and cut into chunks
- 2 garlic cloves, finely chopped
- 2 tbsp ras-el-hanout spice mix (see tip, below)
- 400g can chopped tomato
- 400g can chickpea, rinsed and drained
- 200g dried apricot
- 600ml chicken stock

Method

1. Heat oven to 180C/160C fan/gas 4.
2. Heat the oil in a casserole and brown the lamb on all sides.
3. Scoop the lamb out onto a plate, then add the onion and carrots and cook for 2-3 mins until golden.
4. Add the garlic and cook for 1 min more.
5. Stir in the spices and tomatoes, and season.
6. Tip the lamb back in with the chickpeas and apricots. Pour over the stock, stir and bring to a simmer.
7. Cover the dish and place in the oven for 1 hr.
8. If the lamb is still a little tough, give it 20 mins more until tender.
9. When ready, leave it to rest so it's not piping hot, then serve scattered with pomegranate and herbs, with couscous or rice alongside.
10. To make vegetarian leave out the lamb and add extra chopped vegetables and chickpeas

