



# Lamb Tagine

SERVES 4

## INGREDIENTS

480g lean lamb, diced  
1 small Spanish (brown) onion, grated  
1 garlic clove, crushed  
Handful coriander leaves, chopped  
1 cinnamon stick  
1 tsp cumin  
1 tsp ground ginger  
1 tsp paprika  
Large pinch saffron threads (optional)

2 tbs olive oil  
1 tbs tomato paste  
½ cup salt reduced beef stock  
1 bay leaf  
8 pitted prunes  
400g can diced tomatoes  
8 pitted green olives

**To serve**  
Cauliflower Couscous

## METHOD

1. Combine the lamb, onion, garlic, coriander, and spices in a bowl and allow to marinate for at least an hour, preferably overnight.
2. In a heavy based saucepan over high heat fry the lamb in batches until well coloured. Return all the lamb to the saucepan and add the remaining ingredients except for the tomatoes and olives. Cover and simmer for about 1 hour or until meat is tender. If more liquid is required use the juice from the tomatoes.
3. Add the tomatoes and increase heat to reduce liquid then add the olives.
4. Serve with cauliflower couscous.

