

## Lamb Tagine

### Ingredients

- 3 tablespoons olive oil
- 500g diced leg or shoulder of lamb
- 1 large onion, finely chopped
- 2 garlic cloves, thinly sliced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground cinnamon
- 100g dried apricots, halved
- 400g can tomatoes
- 1 lamb stock cube
- 250ml / ½ pint water
- Salt and pepper to taste
- 1 courgette, cut into large pieces
- 1 small butternut squash, peeled and diced
- 1 can chick peas
- 2 teaspoons Harissa paste
- 2 tablespoons fresh parsley, chopped



To serve:

300g Couscous, prepared as directed on the packet

### Method

1. Preheat the oven to 180°C, gas mark 4.
2. Heat 2 tablespoons of the olive oil in a pan and brown the lamb in batches then set aside.
3. Add the remaining oil and the onion and cook gently until soft and golden. Add the garlic and spices and cook for a further 2 minutes then return the lamb to the casserole.
4. Add the apricots, the canned tomatoes, stock cube and water. Season with salt and pepper. Heat to simmering point, cover and simmer very gently or pour into a casserole dish and cook in the oven for 1 hour.
5. Add the courgettes, squash, chick peas and harissa paste with a little extra water if necessary and cook for a further 45 minutes / 1 hour, until meat is very tender.
6. Season to taste, then stir in the parsley and serve with couscous.

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