



LAMB TAGINE

Ingredients

- Red onion
- 800g diced lamb shoulder
- Chopped carrot and swede
- 2 pressed garlic cloves
- 1 tbsp turmeric
- 1 tbsp paprika
- 1/2 tsp cumin powder
- 1/4 tsp ginger powder
- 1 1/2 tbsp cornflour
- 1/2 can of cider
- 1 tin of chopped tomatoes
- 1 cube stock powder
- Black pepper
- 1 tin of chickpeas
- 1 tsp honey
- Rice, bread or potatoes

Step 1: Cook the chopped swede, carrots and onions with a small amount of olive oil on high heat until caramelised, then add in the lamb. The lamb should turn brown, so add it into the pan in batches. Press in the garlic and stir.

Step 2: Add in the turmeric and mix in allowing it to cook until you can start to smell the turmeric. Next add in the paprika and stir in well. Add in the 1/2 teaspoon of ground cumin and 1/2 teaspoon of ginger and allow to cook for 1 minute.

Step 3: Mix the stock powder and the 1 1/2 tablespoons of cornflour mixing it all in well, and ensuring that there are no clumps of flour left. Add in the honey..

Step 4: Pour in the 1/2 can of cider and allow to cook for 5 minutes before adding in the tin of chickpeas and tomatoes. Make sure to rinse the chickpeas before adding to the dish. Add in a small amount of water and stir in well.

Step 5: Leave for 5 more minutes on a high heat and then turn to low, allowing the meat to cook for 3 hours or more as required. The longer the cook, the more tender the meat.

Once cooked, serve with boiled rice, steamed potatoes or bread.

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