

Lamb Tagine *Week 3*

Ingredients

2-3 tbsp sunflower oil

1kg/2lb 4oz lamb neck fillet, cut into small 2-3cm/ $\frac{3}{4}$ -1 $\frac{1}{4}$ in pieces

2 large brown onions, sliced

3 sticks celery, sliced

2 garlic cloves, crushed

4cm/1 $\frac{1}{2}$ in piece fresh root ginger, grated

1 tbsp ground cumin

1 tbsp ground coriander

2 tsp ground cinnamon

1 x 400g tin chopped tomatoes

450ml/16fl oz chicken stock

2 tbsp tomato purée

2 tsp harissa paste

1 tbsp golden syrup

8 dried apricots, quartered

2 preserved lemons, sliced into 8 pieces (seeds removed)

1 x 395g tin broad beans or fava beans, drained

salt and freshly ground black pepper

Method

Preheat the oven to 150C/130 Fan/Gas 3

Heat a large ovenproof casserole or frying pan over a high heat.

Add the oil and fry the lamb until golden brown on all sides - this may have to be done in batches.

Using a slotted spoon transfer to a plate.

Fry the onion and celery for a few minutes. Stir in the garlic and ginger, then sprinkle in the spices and cook for 10 seconds.

Add the tomatoes, stock, tomato purée, harissa honey, apricots and lemons. Bring up to the boil, stirring, add the lamb and seasoning. Cover and transfer to the oven for about 1½ hours, or until tender.

Add the broad beans (or fava beans) after an hour and check the seasoning, adding salt and freshly ground black pepper as required.

Serve sprinkled with chopped parsley and with the couscous alongside.