



LAMB TAGINE

Tagine is a traditional North African lamb dish. The meat is coated in a spice mixture moistened with honey, lemon juice and olive oil.

Ready to be prepared quickly at home. The classic accompaniment to tagine is cous cous.

Ingredients

1kg of tagine mix

0.5 - 1 cup of water

Prunes or dates or raisins

Toasted Slivered almonds

Toasted Sesame seeds

Coriander leaves

Method

1. Put your tagine mix in a casserole dish or a pot. Add water to moisten then cover and simmer for 1 hour.
2. Add the fruit of your choice and cook a further 15 minutes.
3. Garnish with toasted almonds, sesame seeds and/or coriander leaves. Serve with cous cous. (instant cous cous is readily available and prepared in 5 minutes.)