

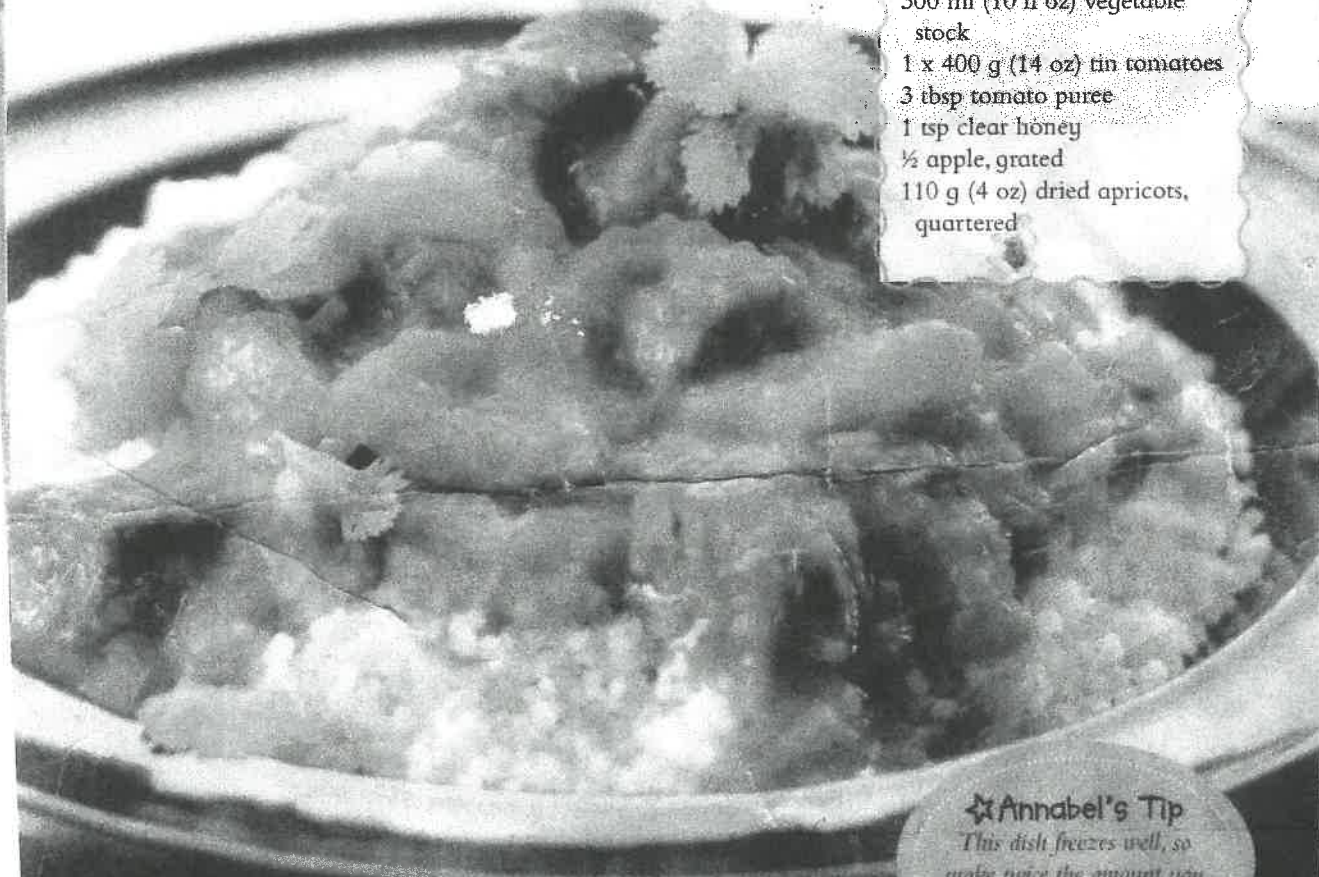
Lamb tagine

Try my special version of a traditional Moroccan recipe. It's meaty, spicy, and fruity all at once! Serve it with couscous.

Garnish with fresh coriander

You will need:

- 2 tbsp flour
- salt and pepper
- 450 g (1 lb) *lamb mince* diced lamb
- 2 to 3 tbsp sunflower oil
- 1 onion, chopped
- 1 clove garlic, crushed
- ½ tsp cinnamon
- ½ tsp cumin
- 2 tsp mild curry powder
- 300 ml (10 fl oz) vegetable stock
- 1 x 400 g (14 oz) tin tomatoes
- 3 tbsp tomato puree
- 1 tsp clear honey
- ½ apple, grated
- 110 g (4 oz) dried apricots, quartered



★ Annabel's Tip

This dish freezes well, so make twice the amount you need and freeze some for another day.