

Beef / lamb tajine with peas and artichoke bottom

Preparation time: 25 minutes

Cooking time: 1h30 minutes

Ingredients (for one person):

- 200g beef
- 150g fresh peas
- 2 pieces of artichoke heart
- Large onion
- 1 clove garlic
- 1 bunch of fresh parsley and coriander
- 1 pinch of saffron
- $\frac{1}{4}$ teaspoon meat spice mix
- $\frac{1}{4}$ teaspoon turmeric
- $\frac{1}{4}$ teaspoon ginger
- $\frac{1}{4}$ teaspoon salt
- 2 tablespoons olive oil
- the skin of a quarter of preserved lemon

Preparation

Chop finely a large red onion, and chop and paste a garlic clove. Finely chop a bunch of fresh parsley and coriander. Place them in a tajine; add two tablespoons of olive oil, the pieces of beef and all the spices: ginger, turmeric, meat spice mix, a pinch of saffron, $\frac{1}{4}$ teaspoon of salt. Mix well so that the beef marinates.

On medium heat, open and turn the beef once the cover is hot. After 10 minutes of searing, turn the beef back over and check if the onions have made some sauce. If not, add some hot water on the side of the tajine, once boiling close the lid and let the meat steam until tender.

After an hour, add the fresh peas. Leave the tajine for 30 minutes then add the artichoke hearts and the skin of a quarter of preserved lemon. Let cook for another 15 minutes, until tender.

When both the vegetables are cooked, it is ready to serve.

Enjoy your tajine!