

Meat tajine with vegetables

Preparation time: 25 minutes

Cooking time: 1h30 minutes

Ingredients (for one person):

- 200g beef or lamb
- 1 large onion
- 1 clove garlic
- 1 large tomato
- 1 carrot
- 1 courgette
- 1 potato
- A pinch of saffron
- 2 tablespoons olive oil
- 1 teaspoon ginger
- 1 teaspoon turmeric
- 1 teaspoon beef/lamb spice mix
- A pinch of salt

Preparation

Chop finely a large red onion and chop and paste the garlic clove. Place them in a tajine; add two table spoons of olive oil, the pieces of beef and all the spices: ginger, turmeric, meat spice mix, a pinch of saffron and salt. Mix well so that the meat marinates and cover the base of the tajine.

On a low heat leave the tajine to heat up. Once the cover is hot, open and turn the meat over then close the lid quickly. After 10 minutes turn the meat, check if the onions have made some water. If not, add some hot water on the side of the tajine, leave the lid open until boiling then close and let the meat steam until tender.

When the meat is half cooked, check with two forks; add the peeled and cut carrots. When those carrots start to get soft, add the courgette, peeled potato. Spoon some of the sauce over the vegetables to flavour and leave cook approximately 15 minutes until the vegetables are cooked.

When cooked, pour a small amount of argan oil to dress & serve.

Enjoy your tajine!