

| Name of Food | Ingredients | Method |
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| Moroccan meatball tagine with lemon & olives | <ul style="list-style-type: none"> • 3 onions, peeled • 500g minced lamb • zest and juice 1 unwaxed lemon, quartered • 1 tsp ground cumin • 1 tsp ground cinnamon • pinch cayenne pepper • small bunch flat-leaf parsley, chopped • 2 tbsp olive oil • thumb-sized piece ginger, peeled and grated • 1 red chilli, deseeded and finely chopped • pinch saffron strands • 250ml lamb stock • 1 tbsp tomato purée • 100g pitted black kalamata olive • small bunch coriander, chopped • couscous or fresh crusty bread, to serve | <ol style="list-style-type: none"> 1. Put the onions in a food processor and blitz until finely chopped. Put the lamb, lemon zest, spices, parsley and half the onions in a large bowl, and season. Using your hands, mix until well combined, then shape into walnut-sized balls. 2. Heat the oil in a large flameproof dish, or tagine with a lid, then add the remaining onions, ginger, chilli and saffron. Cook for 5 mins until the onion is softened and starting to colour. Add the lemon juice, stock, tomato purée and olives, then bring to the boil. Add the meatballs, one at a time, then reduce the heat, cover with the lid and cook for 20 mins, turning the meatballs a couple of times. 1. Remove lid, then add the coriander and lemon wedges, tucking them in between the meatballs. Cook, uncovered, for a further 10 mins until the liquid has reduced and thickened slightly. Serve hot with couscous or fresh crusty bread. |