

Minced Lamb Tagine

Ingredients:

Serves: 4

Prep & Cook: 60 min

For meatballs:

350g minced lamb meat
A slice of bread/ 20g of breadcrumbs
Chopped parsley (handful)
1 Clove Garlic
Salt to taste
Black pepper
½ tsp Cumin

For the sauce:

1 Onion, chopped
200g Sliced Mushrooms
300g Pitted Green Olives
Chopped Parsley
500ml of Water
Salt to taste
½ tsp Black Pepper
Saffron (Optional)
1 tbsp Plain Flour

Method:

1. In a bowl, place the pieces of crumbs in some milk and let the bread soak up the liquid.
2. In another bowl, mix the minced lamb and spices, chopped parsley; and add the breadcrumbs.
3. Fry the meatballs in shallow oil until golden brown.
4. Blanch the pitted olives in hot water with two slices of lemon; to lower the level of salt and retain the colour green of the olives.
5. In a cooking pot, fry the chopped onion in a little oil, add the mushrooms and sauté for 5 minutes.
6. Add the meatballs, olives and 500ml water.
7. Boil for 10 minutes, add the remaining spices and salt and boil of another 10 minutes.
8. Take a ladle full of sauce from the pot, dilute it in flour then put back in the sauce.
9. Let the sauce thicken slightly, and remove your tagine fire.
10. Decorate the dish with chopped parsley and lemon slices.



That's it, bon appetite!