

Lamb Tagine

Diced lamb shoulder in a tomato based sauce with apricots, sultanas, chickpeas and spices



Food Labelling...

EU Label values per 100g

Serves 10

	PER 100G	%RI	PER 276G SERVING	%RI
Energy(Kj)	462 kJ	6%	1277 kJ	15%
Energy(kcal)	110 kcal	6%	305 kcal	15%
Fat	4.8 g	7%	13 g	19%
of which saturates	1.3 g	7%	3.5 g	18%
Carbohydrate	9.6 g	4%	27 g	10%
of which sugars	6.2 g	7%	17 g	19%
Fibre	1.8 g	7%	5 g	20%
Protein	6.4 g	13%	18 g	36%
Salt	0.29 g	5%	0.8 g	13%
HFSS Rating	-3	points		

CONTAINS:



CELERY



SULPHITES

MAY CONTAIN:



WHEAT

Recipe Ingredients ...

Quantity:	Description:
60g	33889 Font Oliva Olive Oil - BRAKES
6g	34002 Brakes Ground Cumin - BRAKES
6g	33581 Brakes Ground Cassia Cinnamon - BRAKES
6g	33583 Brakes Ground Ginger - BRAKES
800g	19839 Brakes Chopped Tomatoes in Tomato Juice - BRAKES
50g	114939 Cirio Double Concentrated Tomato Puree 850g
100g	8284 Brakes Dried Apricots - BRAKES
100g	85702 Brakes Sultanas - BRAKES
25g	459 Knorr Gluten Free Lamb Paste Bouillon 1kg
400g	13609 Brakes Chickpeas in Water

10224 - 10224 Red Onions - BRAKES	200g	Each
10228 Celery	250g	
10323 - 124181 Garlic Loose - BRAKES	20g	
113885 Herb Bunched Coriander	40g	
71290 British Red Tractor Lamb Shoulder Diced	700g	

Cooking Instructions & Notes

Mis en Place / Prep:

- Red Onions - Peel & dice
- Celery - Wash & chop
- Garlic - Peel & crush
- Brakes Dried Apricots - Chop
- Brakes Lamb Flavour Bouillon Paste - Make up with 1ltr water
- Brakes Chickpeas in Water - Drain chickpeas

Method:

- Pre-heat the oven to 160°C
- Heat 30ml olive oil in a heavy bottomed pan and brown the lamb, then remove from the pan.
- Heat the remaining oil and sweat off the onions, celery & garlic for approx. 10 mins. Return the lamb to the pan.
- Add the spices and combine the ingredients together to cook for 3-4 mins.
- Stir in the chopped tomatoes, tomato paste, dried fruits, stock and season. Bring to the boil, then simmer for 20 mins.
- Transfer to an oven proof dish, cover and cook in the oven for 1 hour, 20 mins, and core temp has been achieved.