



FESTIVE BEEF TAGINE

 **Prep: 15 minutes**

 **Cook: 2 hours**

 **Serves: 4**

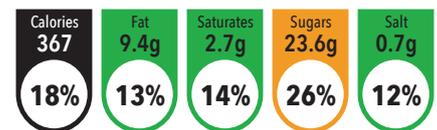
INGREDIENTS:

- 1 tbsp oil
- 1 onion, chopped
- 400g pack diced braising steak
- 1 cinnamon stick
- 1 tsp ground coriander
- ½ tsp mixed spice
- 1 clove garlic, chopped
- 400g can chick peas, drained
- 400g can chopped tomatoes
- 75g dried cranberries
- 1 preserved lemon, chopped
- 400g butternut squash, peeled and diced
- ½ tsp **LoSalt**
- 28g pack fresh coriander, chopped

METHOD:

1. Preheat the oven to 180°C, gas mark 4.
2. Heat the oil and fry the onion and steak for 4-5 minutes to brown. Add the spices and garlic and cook for 1 minute.
3. Stir in the chick peas, tomatoes, cranberries, 200ml water and lemon and bring to the boil.
4. Stir in the squash and transfer to a casserole dish. Cover with a tight fitting lid and cook for 2 hours until the meat is tender, checking every 40 minutes or so and adding a splash of water if it starts to look dry.
5. Remove the cinnamon stick. Stir in the **LoSalt** and coriander and serve with couscous.

Each serving contains



of your guideline daily amount