



# LAMB TAGINE

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## (Slow Cooker)

An easy recipe that requires minimal preparation. Delicious served with some greens such as cabbage or broccoli.

### Ingredients (Serves 4)

- 6 cloves garlic, peeled
- A 2-inch knob of fresh ginger, peeled
- 1 small onion, roughly chopped
- ½ tsp. ground cumin
- ½ tsp. black pepper
- 2 tbsp. cornflour
- 1kg boneless lamb, cut into cubes
- A pinch of saffron
- 400ml chicken stock
- 200g tinned chickpeas, drained and rinsed
- 450-625g squash, cut into small pieces

### Method

- In a blender pulse the garlic, onion, cumin, pepper and ginger until pureed.
- In a large bowl cover the meat in the cornflour.
- Add the meat, the stock and the puree to the slow cooker and cook on high for at least 4 hours. For the last hour of cooking add the squash and chickpeas.
- The lamb should be meltingly tender and the squash should be soft.

### Nutritional Benefits

Slow cooking meat makes it tender and easy for the digestive system. It also reduces the quantity of free radicals formed when meat is heated at a high temperature.

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