

Lamb Tajine (Serves 2)

@willdavies11

Ingredients

500 g lamb, diced
1 large aubergine, roughly chopped

1 chilli, finely sliced
1 thumb ginger, grated
1 clove garlic, finely chopped

1 tbsp ground coriander
1 tbsp ground cumin
1 tbsp ground cinnamon

1x 400g tin plum tomatoes

1x 400g tin chickpeas, drained

300 g couscous

60 g dried apricots
40 g feta cheese, crumbled
natural yogurt, to serve

olive oil
seasoning, to taste

Method

Sear the lamb in a large casserole until golden brown. Add the aubergine for 2 minutes, then the chilli and ginger before finally adding the garlic. Season and add the spices.

Pour in the tomatoes (along with half a tin of water, if too dry) and simmer for an hour.

Add the chickpeas and simmer for a further 5 minutes, while cooking the couscous.

Check the seasoning, then stir through the apricots. Crumble the feta on top.

Serve immediately with yogurt aside.