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by ewfood

Beef Tagine



Ingredients

6 tbsp olive oil
4 onions, thinly sliced
2 tbsp fresh ginger, finely chopped
2kg boneless beef, cut into 5cm chunks
4 tsp ground cumin
2 tsp paprika
2 tsp coriander, ground
450ml passata
400g canned tomatoes
800ml water
700g butternut squash, cut into chunks
100g sultatnas
400g canned chickpease, drained
salt and pepper

Preparation

1. Method:
2. 1. Heat oil in a large, deep pan. Add onions and gently fry until softened, about 5 minutes, then add ginger.
3. 2. Cook meat in batches until lightly coloured. Return all meat to the pan, stir in spices and cook for a minute.
4. 3. Add passata, tomatoes and water then bring to a boil, stirring occasionally. Season well then cover and simmer for 1-1/2 hours, or until beef is tender.
5. 4. Add butternut squash. Stir well, cover and cook for 20 minutes or until squash is tender. Stir in sultanas and chickpeas and heat through for 5 minutes.
6. 5. Serve over couscous.

Cooks Note