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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 sultanas
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