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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 sultanas  
400g canned chickpease, drained  
salt and pepper

## Preparation

- 1 <strong>Method:</strong>
- 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