

## Lamb tagine (Serves 2)

### You will need:

- 140g diced lamb (fat removed)
- 1 tsp cumin
- 1 tsp coriander
- ½ tsp chilli powder
- ¼ tsp cinnamon
- ½ tbsp rapeseed oil
- 1 medium onion
- 1 clove garlic
- ½ can chopped tomatoes
- ½ can chickpeas
- 1 low-sodium vegetable stock cube in 200ml boiling water
- 4 dried apricots
- 2 dried dates
- ½ aubergine (160g)
- 2 small sweet potatoes (5 inches long)

Preheat the oven to 180°C/350°F/Gas Mark 4.

Mix the cumin, coriander, chilli powder and cinnamon in a bowl.

Heat the rapeseed oil in a large casserole dish and add the lamb, onion and garlic until browned.

Add the spices and stir for 1-2 minutes.

Add the tomatoes, chickpeas and stock and stir.

Place the lid on the casserole dish and put in the oven for 1 hour.

Peel and dice the sweet potatoes, chop the apricots and dates and dice the aubergine.

Remove the dish from the oven and add the potatoes, dried fruit and aubergine.

Return to the oven for 45-60 minutes.

### What does this give you?

- 2 portions of protein
- 1 portion of starchy food
- 3 portions of vegetables

The detail: per serving: 499kcal, 5.7g saturated fat, 24g sugar, 10.8g fibre, 28g protein, 0.6g salt.

Preparation and cooking time: 90 minutes

Approx. cost per serving: less than £3.00

Particularly good if you're trying to lose weight or gain strength.

**ALLERGENS: this recipe is gluten-free. May contains celery.**