

Lamb and Pumpkin Tagine

Cuisine: N/A

Recipe Type: International

Cooking Time:

Serving: 10 Peoples

Ingredients:

- Virgin Olive Oil, 55 mL
- Lean lamb cubes, 1.4 kg
- 3 large Onion, 600 g
- Ground cumin, 25 g
- Paprika, 25 g
- Coriander seed, 0.25 kg
- Chilli pepper, 10 g
- [Buitoni® Tomato Coulis](#), 500 mL
- Pumpkin, 0.8 kg
- Beef stock, 1 L
- Sultanas, 0.125 kg
- Dried apricots, 125 g
- Couscous, to serve 1

Nutritional Information:

- Energy (kcal) *174 kcal*
- Protein (g) *8 g*
- Fats, total (g) *6 g*
- Carbohydrate, total (g) *35 g*
- Sugars, total (g) *11 g*
- Fats, saturated (g) *0 g*
- Fiber, total dietary (g) *13 g*
- Sodium (mg) *216 mg*
- Calcium (mg) *246 mg*
- Cholesterol (mg) *0 mg*
- Iron (mg) *7 mg*
- Vitamin A, IU *6400 IU*
- Vitamin C (mg) *18 mg*
- Vitamin D (μ g) *0 IU*

Procedure:

1 Preheat the oven to 160°C.

2 Heat half the quantity of olive oil in a pan and brown the meat in batches. Drain meat and transfer to a casserole dish.

3 Heat the remaining oil in the pan and sauté the onion until soft and translucent.

4 Add the spices, Buitoni Tomato Coulis and stock to the pan. Bring to the simmer and season with salt and pepper.

5 Add the cubed pumpkin to the casserole dish with the meat, pour over the sauce from the pan, cover

the dish with a lid or aluminium foil and place in the oven for 1 hour and 30 minutes.

6 Remove the casserole from the oven and add the sultanas and dried apricots. Return to the oven for another 30 minutes, until pumpkin is soft and the meat is tender. Serve with couscous, if desired.

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