

FESTIVE BEEF TAGINE

Prep: 15 minutes

Cook: 2 hours

Serves 4

1 tbsp oil
1 onion, chopped
400g pack diced braising steak
1 cinnamon stick
1 tsp ground coriander
½ tsp mixed spice
1 clove garlic, chopped
400g can chick peas, drained
400g can chopped tomatoes
75g dried cranberries
1 preserved lemon, chopped
400g butternut squash, peeled and diced
½ tsp **LoSalt**
28g pack fresh coriander, chopped



Preheat the oven to 180°C, gas mark 4.

Heat the oil and fry the onion and steak for 4-5 minutes to brown. Add the spices and garlic and cook for 1 minute.

Stir in the chick peas, tomatoes, cranberries, 200ml water and lemon and bring to the boil.

Stir in the squash and transfer to a casserole dish. Cover with a tight fitting lid and cook for 2 hours until the meat is tender, checking every 40 minutes or so and adding a splash of water if it starts to look dry. Remove the cinnamon stick. Stir in the **LoSalt** and coriander and serve with couscous.

| Nutrient | Per 100g | Per Serving | %RI | Traffic Lights |
|---------------|----------|-------------|-----|----------------|
| Energy (kcal) | 95 | 367 | 18 | N/A |
| Protein (g) | 7.6 | 29.3 | 59 | N/A |
| Fat (g) | 2.4 | 9.4 | 13 | Low |
| Sat Fat (g) | 0.7 | 2.7 | 14 | Low |
| Carbs (g) | 9.4 | 36.5 | 14 | N/A |
| Sugar (g) | 6.1 | 23.6 | 26 | Med |
| Fibre (g) | 2.5 | 9.5 | 32 | N/A |
| Salt (g) | 0.2 | 0.7 | 12 | Low |

