



# Jolly Fine Recipe

## Pan Cooked Lamb Tagine Recipe

### Recipe

Ingredient	Amount
Diced Lamb (Leg or Shoulder)	1kg
Onions, chopped	2
Tinned Tomatoes	400g (1 tin)
Lamb Tagine Mix	75g
Water	400g
Prunes or Apricots	150g

### Method

1. Heat a tablespoon of cooking oil in a pan, add the onions and lamb and fry for 5 mins until browned.
2. Add tomatoes and cook for 5 mins.
3. Mix the Tagine Sauce sachet with 400ml of water, add to the pan and bring to the boil.
4. Reduce the heat and simmer for 20 minutes stirring occasionally.
5. Remove the lid, add the prunes or apricots, stir through and stand for 5 minutes before serving.

For extra flavour, add a tablespoon of honey and a sprinkling of almonds or fresh coriander before serving.



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