***Lamb Tagine***

**Serves 4**

* 1tsp rapeseed oil
* 1 onion, finely chopped
* 1 tbsp ground cumin
* 2 tsp ground cinnamon
* 1 tsp turmeric
* 2 tsp coriander
* 1 tsp dried red chilli flakes
* 500g lean lamb leg steaks, visible fat removed, cut into bite-sized pieces
* 400g can chopped tomatoes
* 2 tbsp tomato purée
* 4 carrots, peeled and cut into chunks
* 2 courgettes, halved lengthways and sliced
* small handful finely chopped fresh coriander, to garnish

1. Add oil to a hob proof casserole pan and place over a high heat.
2. Add the onion, spices and lamb and stir-fry for 5-6 minutes.
3. Add the tomatoes, tomato purée and sweetener and bring to the boil.
4. Reduce the heat to low then cover and simmer for 35-40 minutes or until the meat is tender.
5. Stir in the carrots and courgettes and cook for a further 15 minutes or until the vegetables are tender. Season to taste, scatter over the coriander and serve hot.