

Tom's Lamb Tagine

INGREDIENTS

3 Shallots	Splash of Oil (preferably Rapeseed)
0.5 tsp Turmeric	1.5 tsp Cumin Powder
1.5 tsp Fennel	1 tsp Cinnamon
1.5 tsp Caraway	2 tsp Garlic Powder
1.5 tsp Paprika	1 tsp Salt
1 tsp Pepper	1.5 tsp Smoked Paprika
2 bay Leaves	1.5 tsp Ginger
300g Lamb	Zest 1 x Orange
Juice 1 x Orange	1 tin Chopped Tomatoes
400ml Water	400g Faba Beans

METHOD

- Soak beans overnight in water
- Tip away water and then boil beans for 25 mins in clean water
- Dice shallots
- In a saucepan, add the oil, fry the shallots and put in all spices for 10 mins
- Once combined, transfer to large oven proof dish with lid
- Add lamb, orange zest and juice, chopped tomatoes and stir
- Add water and beans and stir
- Put in oven at 150° for 3.5 hours
- Serve with warm bread, lime segment, fresh coriander and enjoy!

