

Nutritionally balanced,
lovingly created Kindred Recipe

Moroccan Lamb Tagine

Feeds a family of 5

Ingredients:

1 x small onion	200g chopped tomatoes
200g Diced Lamb – 40g per child	½ Litre water
½ teaspoon ground mixed spice	1 x tablespoons lemon juice
½ teaspoon ground ginger	100g dried apricot – 20g per serving
400g dried red lentils – 90g per child	Cous Cous – 90g per child

Method:

1. Dice the onion and lamb
2. Heat a pan and add the lamb and cook until browned
3. Add the onion, mixed spice, ginger and lentils. Gradually add the chopped tomatoes, water and lemon juice. Simmer for 30-40 minutes. Adding more water if required
4. Add the apricots and simmer for a further 10 minutes.
5. Follow instructions on Cous cous pack

AUTUMN/WINTER
MENU
2020/21

All of our meals are homecooked and endorsed by qualified Nutritionists in partnership with Action for Children campaign 'Eat better, Start better' to meet the voluntary food and drink guidelines set by the Government.

