



Another Tagine recipe. Sometimes King Prawns are available from the local Home Bargains at considerably less than the general supermarket price. So while they were to hand the Tagine came out to play?..

Ingredients:-

- 300g of Cooked King Prawns
- Zest and Juice of a Lemon
- 1 Tsp of Sweet Paprika
- 1 Tsp of Ground Ginger
- A Pinch of Saffron
- 3 Cloves of Garlic, minced
- 1 Tsp of Cumin
- 2 Carrots, batoned
- 1 Onion, sliced
- 2 Large Potatoes, Par boiled and cubed
- A handful of fresh Coriander, chopped
- ½ a Red and ½ a Yellow Pepper, sliced
- 3 Tsp of Ras-El-Hanout
- 2 Tsp of Tomato Puree
- 1 Tbsp of Honey
- 4 Large Tomatoes, chopped
- A handful of Pitted Green Olives
- 1 Red Chilli, sliced
- Oil to fry
- Salt & Pepper to season

200ml of Water

Method:-

- (1) In a bowl add the Prawns, a squeeze of Lemon Juice and stir in 1 Tsp of Ras-El-Hanout.
- (2) Stir well and place in the fridge for 20 minutes.
- (3) Add a little Oil to the Tagine over a medium heat.
- (4) Add the Onions, Peppers and Carrots and cook until softened.
- (5) Add the Garlic and stir for a minute.
- (6) Add the Potatoes and season with Salt & Pepper.
- (7) Stir in the Tomato Puree and Chopped Tomatoes.
- (8) Add the Paprika, Ground Ginger, Saffron, Chopped Coriander, Lemon Juice & Zest, Cumin, 2 Tsp of Ras-El-Hanout and stir gently.
- (9) Add Water if the sauce is too thick.
- (10) Bring to the boil and then reduce to a simmer for 30 minutes.
- (11) Add the Prawns, Olives, Honey and simmer until the Prawns are heated through.
- (12) Garnish with Chillies and Coriander.

The 3rd Tagine recipe with a real depth of flavour. One we'll most probably revisit next time all the ingredients are available.