



world cuisine

# Moroccan Meatball Tagine

Cast Iron 27cm Tagine



# Moroccan Meatball Tagine (Tagine Kefta)



Serves 4

Moroccan spiced lamb and red onion meatballs slow braised in a hot sour tomato sauce with black olives. Serve to the table in the beautiful Tagine to bring authenticity to the dish with a splash of theatre, perfect for informal dining. Accompany with couscous and Moroccan flat breads.

Le Creuset Cast Iron  
27cm Tagine

Preparation time: 10 minutes

Cooking time: 50-60 minutes

## Ingredients

### Meatballs (kefta)

- 500g finely ground lean lamb
- 1 red onion finely chopped
- 2 tablespoons fresh bread crumbs
- 1 egg
- 1 x 4cm piece root ginger, peeled and finely chopped
- 1 teaspoon ground cumin
- 2 tablespoons chopped parsley
- 2 tablespoons chopped mint
- ½ teaspoon black pepper
- ½ teaspoon salt
- 1 tablespoon olive oil

### Sauce

- 1 red onion sliced
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- 2 teaspoons Harissa paste
- 400g can chopped tomatoes
- 75g black Kalamata olives (stoned)
- 200ml lamb stock
- 1 tablespoon olive oil
- 1 tablespoon fresh chopped parsley
- 1 tablespoon fresh chopped mint

## Method

### To make the meatballs

1. Combine all the meatball ingredients together in a bowl, mix well using a large silicone spatula to make a paste.
2. Take a small amount of paste at a time and shape into 2-3cm (1 inch) in diameter balls with your hands. Place the balls onto a tray.
3. Heat the Tagine base with one tablespoon of the olive oil over medium heat.
4. Fry the meatballs in batches until browned all over. Place into a dish or tray and set to one side.

### To make the sauce

1. Add one tablespoon of the olive oil to the Tagine base and continue to heat.
2. Add the onion and fry for 1-2 minutes until softened.
3. Stir in the paprika, cumin and Harissa paste followed by the chopped tomatoes, olives and lamb stock. Stir well and simmer for 5 minutes.

### To complete the dish

1. Add the browned meatballs to the sauce in the Tagine base, stir and place the conical lid on. Reduce the heat to its very lowest setting and cook for 50 minutes-1 hour.
2. Finish by stirring in the fresh herbs.
3. Serve with couscous and matlouh (Moroccan flat breads).

## Cook's notes

Harissa is a paste made of hot chilli, tomato, garlic and spices and is commonly used in North African and middle eastern recipes. It can be found in most supermarkets, delicatessens and specialist stores.



Cast Iron 27cm Tagine

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Reference No 4065