

Cooking For One



Lamb Tagine

Tiny drizzle of vegetable oil
3oz diced leg of lamb or frozen 3oz minced lamb
1oz frozen chopped onions
1/3 of a can of chopped tomatoes
1/3 of a can chick peas
1 teaspoon red lentils
1 teaspoon Balti curry paste
2oz red lentils
1/4pt water
1 teaspoon stock powder
4 dried apricots or 1oz sultanas
1oz frozen leaf spinach
Pinch of chopped coriander
Pinch of Flaked almonds
1/2 cup cous cous
3/4 cup of boiling water
1/2 teaspoon stock powder

1. If using diced lamb turn oven on 180° c
2. Heat the pan and add the oil, fry lightly the lamb, if using frozen minced lamb there is no need to use any oil.
3. Add the onions, the Balti paste, chopped tomatoes and the chick peas along with the water and the stock powder.
4. Chop the apricots and mix into the pan with the lentils, bring the pan to the boil and turn down to a simmer and place a lid on.
5. If using diced leg of lamb place the pan in the oven for 1hr, if using minced lamb simmer on the stove top for 15 mins.
6. Remove lid from the pan and add the frozen spinach and stir in, replace the lid and simmer for a further 5 mins.
7. To prepare the cous cous, add the stock powder to $\frac{3}{4}$ of a cup boiling water, place in a small bowl, rain in $\frac{1}{2}$ cup of cous cous, stir around for no more than a few seconds, cover with cling film and set aside for 5 mins.
8. After 5 mins remove the cling film from the cous cous stir around with a fork and place in a warmed bowl.
9. Place the Tagine on the cous cous, sprinkle the chopped coriander and almond on the top.
10. Enjoy

Vegan Meringue (makes about 40 small meringues)

The liquid from the drained 400g can of chick peas (aquafaba)
4oz caster sugar

1. Pre heat the oven on 90° c
2. Place the strained liquid from a 400g tin of chick peas into a mixing bowl whisk on a fast speed for 10 mins or until it reached a soft peak.
3. Gradually add the sugar to the meringue until it has a shiny appearance.
4. Place in dessert size dollops or pipe on to baking parchment and place in the oven for 2hrs.
5. Eat within a week

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