

WHAT'S FOR DINNER?



1 To make the kefta, mix together all the kefta ingredients and season to taste with salt and pepper. Using your hands, knead the mixture and mould it into small meatballs. You should end up with 12 balls.

2 Fill a large tagine or casserole dish with water and bring it to the boil. Carefully drop in the kefta, a few at a time, and cook for 10 minutes. Remove with a slotted spoon and drain on kitchen paper. Keep 200ml of the cooking water to use next.

KEFTA TAGINE (MEATBALL STEW)

Kefta are spicy meatballs. If you don't like hot food you can eat them with a yoghurt based dip.

3 Add the butter to the liquid in the tagine and boil. Stir in the salt and cayenne. Drop the kefta back in. Cook until almost all the liquid has evaporated. Crack the eggs around the kefta and cover the pot with a lid. Cook the eggs until the whites are set. Sprinkle with roasted cumin and chopped parsley.

SERVES FOUR:

For the kefta:

- 225g minced lamb
- 1 onion, finely chopped
- 1 teaspoon dried mint
- 1-2 teaspoons ras-el-hanout spice mix
- A small bunch of fresh flat-leaf parsley, finely chopped

For the tagine:

- 1 tablespoon butter
- ¼-½ teaspoon salt
- 1 teaspoon cayenne pepper or chilli flakes
- 4 eggs
- 1-2 teaspoons cumin seeds, dry-roasted and ground
- A small bunch of fresh flat leaf parsley, roughly chopped

You will also need a tagine or casserole dish