

Egg Meatball and Tomato Tagine

Serves 4

Cuisine: Moroccan

Preparation Time: 15 Minutes

Cooking Time: 1 Hour

Ingredients:

4 Free-range eggs (medium)
450g Beef mince (or lamb)
2tbsp Parsley, finely chopped
2tsp Ground Cumin
1tsp Hot paprika
1 Onion, finely chopped
900g Tomatoes, skinned, deseeded and flesh chopped
2 Garlic cloves, peeled and chopped
3tbsp Olive oil
Handful of fresh coriander leaves, coarsely chopped to garnish
Sea salt and freshly ground black pepper

Method:

1. Preheat the oven to 200°C.
2. Make the meatballs – put the mince, parsley, ½ tsp paprika, 1 tsp cumin, salt, pepper into a bowl and mix by hand. Then form the mix into golf-ball sized balls.
3. Heat 2 tbsp of the olive oil in a shallow pan and brown them all over. Remove with a slotted spoon and reserve.
4. Add the onion to the same pan with the remaining olive oil and cook gently for 10 minutes until softened and just turning brown.
5. Add the rest of the ingredients and leave to simmer gently for 15-20 minutes until concentrated in flavor but too thick. Season to taste.
6. Return the meatballs to the pan and mix with the sauce.
7. Transfer to a shallow ovenproof dish and make 4 slight indents in the mixture and then break an egg into each one.
8. Place into the oven and bake for 15 minutes or until the eggs are just set

To Serve:

Scatter the coriander garnish over and serve immediately.

Chef's Notes: