



Try a School meal for Yourself

School meals are healthy, tasty and nutritious

Try making
tasty Moroccan
Lamb Tagine!

Try making this simple recipe for your family at home. It's an example of what can be found on our school meal menu



Moroccan Lamb Tagine

Ingredients

400g	Diced lamb shoulder
1	Red pepper sliced
1	Onion sliced
150g	Chopped tomatoes
1	Garlic clove crushed
1teaspoon	Moroccan spice
25ml	Vegetable oil
200ml	Water
2teaspoon	Honey
50g	Dried apricots chopped
25g	Fresh basil chopped
	Ground black pepper to taste
Serves 4	

Method

1. Heat the oil in a pan and fry the sliced onions with the crushed garlic until soft.
 2. Add the lamb and sliced peppers and fry to seal the meat.
 3. Add the spices and seasoning and cook for approximately 4 minutes stirring constantly
 4. Stir in the tomatoes, water, chopped basil and apricots. Bring to the boil
 5. Place into an ovenproof dish with a lid and put in the oven gas mark 6, 180° C. for 2.5 hours or until the meat is tender.
 6. Take out of the oven and stir in the honey.
- Serve with spicy cous cous or rice.

Did you know your child may be eligible for free school meals?
The process to apply has now been made simpler, so don't miss out.

For more information on school meals visit
www.walthamforest.gov.uk/schoolmeals or call
Waltham Forest Direct on 020 8496 3000.

