

Kefta Tajine

Preparation time: 25 minutes

Cooking time: 45 minutes

Ingredients (for one person):

- 180 g of minced meat (kefta)
- 2 big tomatoes
- 1 clove of garlic
- 1 onion
- ½ tsp of cumin
- ½ tsp of turmeric
- ½ tsp of ginger
- ½ tsp red meat mix
- 1 tsp of sweet paprika
- 2 tablespoons of olive oil
- ½ tsp salt
- A small bunch of fresh parsley and a coriander
- 1 tsp of tomato puree

Preparation

Peel, de-seed then grate two tomatoes and an onion in the tajine. Chop finely and paste a clove of garlic and add to the sauce with two tablespoons of olive oil, a teaspoon of tomato puree and a pinch of all the following spices: turmeric, ginger, salt, red meat mix spice, and a teaspoon of paprika. Mix well then let cook the tomato sauce on medium heat for about half an hour with the lid.

Put the minced meat in a bowl then add two teaspoons of parsley and coriander and a pinch of the same spices as previously: turmeric, ginger, etc then mix well. In the palm of your hand, gently form small meatballs.

When the tomato sauce is cooked, approximately 40 minutes, add the meatballs to the tajine and let cook approximately twenty minutes with the lid on. Check the tajine from time to time. If the sauce is too dry, add boiling water on the side of the tajine.

Before serving, you can if you wish add an egg to your tajine. Break it directly on the meatballs and let cook a few additional minutes. Sprinkle the egg with cumin and enjoy your tajine with a glass of mint tea.