

Less than 1 hour

Serves 6

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Ingredients:

- 2 onions, sliced
- 2 carrots, sliced
- 2 stalks celery, sliced
- 1 red pepper, sliced
- Salt and milled pepper
- 500g lamb goulash (or beef stewing meat like beef chuck)
- 2 Tbsp (30ml) olive oil
- 3 cloves garlic, chopped
- 1 large sachet (100g) tomato paste
- 1 bottle (130g) harissa paste
- 2 Tbsp (30ml) ground cumin
- 4 tsp (20ml) ground coriander
- 1 tsp (5ml) ground cinnamon
- 2 bay leaves
- 6 tomatoes, peeled and quartered
- 4 cups (1L) good-quality beef stock
- Juice (80ml) and grated of 1 orange
- 1 Tbsp (15ml) honey or brown sugar
- 1 can (400g) chickpeas, drained
- Fresh mint and parsley, for serving
- ½ packet (50g) flaked almonds, toasted (optional)

Method:

1. Blitz onion, carrot, celery and red pepper in a food processor or finely chop.
2. Season lamb and heat half the oil in a pot.
3. Brown meat in batches. Remove and set aside.

4. Sauté onion mixture in remaining oil until soft.
5. Add garlic and fry for a minute.
6. Add tomato paste, harissa, spices and bay leaves and fry until fragrant.
7. Add tomatoes and stock, then return lamb to pot.
8. Reduce heat, cover and simmer for about 1½ -2 hours, until meat is tender.
9. Add orange juice, grated peel, honey or sugar and chickpeas.
10. Simmer for another 10 minutes.
11. Serve topped with mint, parsley and almonds.