

Moroccan Style Beef / Lamb Casserole Dish Recipe

Ingredients

- 550g Lean Lamb / Beef (Cubed)
- 1x White Onion
- 1lb (450g) Butternut Squash (Peeled and Cut Into Large Cubes) - (Pre boiled for 10 minutes)
- A Handful Of Coriander
- 2x Cloves of Garlic
- 700ml Lamb/Beef Stock
- 2 Tbsp of Olive Oil
- 700ml Passata
- 2 Tsp of White Pepper
- 1x Pinch of Salt

Equipment

- Cast Iron Oval [Casserole Dish](#) - 29cm
- [Kitchen Knife](#)
- [Measuring Utensils](#)
- [Frying Pan](#)

Method

1. Preheat the oven to 150°C / 300°F / Gas Mark 2.
2. Heat 2 Tbsp of olive oil in a frying pan and add the diced onion, garlic, pepper and salt and a dash of water and cook on medium heat until the onions are translucent.
3. Add the lamb / beef to the frying pan and sear until brown on the outside. (Stir Often).
4. Transfer the mixture from the frying pan into the casserole dish and add the pre-boiled butternut squash, lamb/beef stock, passata and coriander to the dish and thoroughly stir.
5. Once mixed, cover the casserole dish with the lid and place it in the oven for 1 ½ hours. After this time, take the casserole out and give it a good stir (Add extra salt or pepper to taste) and then cook for another hour.

Best served with roasted root vegetables or mash and enjoy!