MOROCCAN · LUNCH · DINNER

Moroccan Beef Tagine with Artichokes and Peas

طاجين اللحم بالقوق و الجلبانة

110 min · Serves 6 · 485 kcal a serve · Video 8:48 in Arabic · Chef Nadia الشيف نادية

Gluten-free ingredients · No dairy listed · No nuts listed

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About 48 g protein, 10 g fibre and 17 g net carbs a serve: beef braised slowly with artichoke hearts and peas in their own juices.

Diet notes: Low saturated fat (5 g, 9% of the energy).

Ingredients 18 · SERVES 6

- [ ] 1 kg **beef** (or lamb), in large pieces
- [ ] 1.5 kg **globe artichokes** (qoq), trimmed to the hearts
- [ ] 500 g **shelled green peas** (jelbana)
- [ ] 100 g red (violet) olives
- [ ] 1 **tomato**, finely diced
- [ ] 1 **onion**, finely diced
- [ ] 2½ tbsp **olive oil** (half of 5 tbsp mixed oils)
- [ ] 2½ tbsp **vegetable oil** (the other half)
- [ ] ½ **preserved lemon**, seeds removed, part diced and part in strips
- [ ] 4 cloves **garlic**, crushed
- [ ] 2 tbsp finely chopped **flat-leaf parsley**
- [ ] 1 tsp **ground ginger** (skinjbir)
- [ ] 1 tsp **ground turmeric** (kharqoum)
- [ ] a pinch of **saffron threads**
- [ ] 1 tsp **salt**
- [ ] ½ tsp **black pepper** (lebzar)
- [ ] a splash of **water**, for the marinade
- [ ] 1 **lemon**, juiced into a bowl of water to keep the artichokes pale (the water is discarded)

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the salt, turmeric, ginger, saffron, black pepper, a little of the oil, the garlic, parsley and a splash of water. Rub it into the meat and leave 30 minutes (or overnight) while you trim the artichokes. 1:40
2. Fill a bowl with water and the lemon juice. Pull off the artichoke leaves, cut off the stem and tough green layer, scoop out the hairy choke with a spoon and drop each heart into the lemon water. 3:08
3. Dice part of the preserved lemon and cut the rest into strips for the top. 5:22
4. Heat the remaining oil in a tagine or heavy pot over medium heat. Add the meat (keep the leftover marinade), onion, tomato and diced preserved lemon and fry about 10 minutes, stirring. 6:15
5. Arrange the artichoke hearts over the meat, fill them and cover the top with peas, then add the olives, lemon strips and leftover marinade. Lower the heat and cook covered for about 1 hour, until the meat is tender. 7:30

> **Tip** Eat it with khobz bread, or on its own; it needs no added water as the vegetables release their juices. Frozen artichoke hearts (about 400 g) save the trimming. Serves 6 is our estimate.

The method is a summary in our words, in English — the video (in Arabic) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
485 kcal	48 g	27 g
2,030 kJ	96% of a day	17 g net · 7.3 g sugars
		10% of a day

FIBRE	FAT	SODIUM
10 g	22 g	870 mg
36% of a day	5 g saturated	38% of a day
	28% of a day	

Energy from net carbs 15% · protein 42% · fat 43% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 142% · Zinc 108% · Selenium 83% · Vitamin B6 55% · Vitamin K 54% · Omega-3 41% · Iron 36% · Folate 33% · Vitamin C 29% · Magnesium 23% · Potassium 20% · Vitamin E 20%

Recipe and video: Chef Nadia الشيف نادية (@Chefnadia1) on YouTube — youtube.com/watch?v=d8SQlx85GT8, published 12 June 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/moroccan-tagine-beef-artichokes-peas