

# TAGINE OF BEEF, PLUMS AND AUBERGINES

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4 persons / 423 kcal per person

## Ingredients:

- 1 eggplant
- 2 tablespoons of olive oil
- 1 onion
- 700 grams beef steaks
- 400 grams of tomatoes
- 12 pitted dried plums
- 2 teaspoons of cinnamon powder
- 1 tablespoon of liquid honey
- 1 tablespoon of sesame seeds
- pepper and salt

## Preparation:

Cut the eggplant into cubes and sprinkle with salt. Leave the cubes in a colander for 20 minutes. Then pat them dry with kitchen paper or a clean tea towel. Meanwhile, cut the beef steaks into dice. Chop the onion and cut the tomatoes into cubes (you can peel the tomatoes first, I didn't). Sprinkle the meat with salt and pepper. Heat the oil in a tagine or frying pan and fry the chopped onion for a few minutes while stirring. Stir the meat through the fried onion and fry the meat briefly on all sides. Add the eggplant, tomato and

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plums, cinnamon powder, and honey. Pour enough water into the pan to cover three quarters of all the ingredients. Bring the water to a boil and then reduce the heat source. Let everything stew very slowly for 2.5 hours. Heat a frying pan and toast the sesame seeds until light brown. Immediately remove them from the pan. Sprinkle the sesame seeds over the dish.

Nutritional value per person:

Energy:	423 kcal
Protein:	37.5 grams
Carbohydrates:	15.4 grams
- including sugars:	11.5 grams
Fat:	22.6 grams
Fiber:	3.4 grams
Salt:	1.8 grams