

# la belle-iloise **Tuna tajine**



2 people

25 min preparation time

2h cooking time

## **All ingredients**

**1 tin of 207g** la belle-iloise au natural Tuna  
**200g** potatoes  
**2** onions, diced (approx. 200g)  
**1 small** courgette cut into quarters  
**1** tomato cut into quarters  
**1** carrot cut into large sticks  
**1** chopped clove of garlic  
**1 slice** of lemon  
**1 pinch** of Herbes de Provence  
**3 to 4 pinches** 4-spice mix (or allspice)  
**3 to 4 pinches** couscous spices (raz el hanout)  
**1 teaspoon** chopped coriander leaves  
**1 tablespoon** raisins  
**3 pinches** salt  
 $\frac{1}{2}$  chicken stock cube  
**2 tablespoons** olive oil  
 $\frac{1}{2}$  glass water

## **Steps**

- 1- Lightly brown the onions in the olive oil, during this time, open the tin of tuna (keep the juice) and cut the fillet horizontally into two slices
- 2- Divide the carrots, courgettes, potatoes and raisins between two dishes
- 3- Pour the tuna juice and the water onto the onions. Then add the spices, salt, Herbes de Provence, garlic, and chicken stock cube
- 4- Heat a little and then pour over the vegetables
- 5- Place the slices of tuna on top of the vegetables

6- Add the tomatoes and lemon slices and put on the lids

7- Put in a hot oven at 210 °C (gas mark 6/7) for an hour and a half to two hours (check there is still some liquid in the dishes  $\frac{3}{4}$  of the way through cooking)

8- Sprinkle with chopped coriander leaves before serving