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
½ chicken stock cube
2 tablespoons olive oil
½ 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 ¾ of the way through cooking)
8- Sprinkle with chopped coriander leaves before serving