

Alpaca, Prune and Jerusalem Artichoke Tajine
with a side of Red Quinoa, Prunes, Dates,
Pistachios & Preserved Lemon Dressing



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Chef tip: Alpaca neck can be substituted for lamb neck.

SERVES: 4 | LEVEL OF DIFFICULTY: ●●○

Alpaca Braise

INGREDIENTS

- 4 large alpaca neck rosettas (about 1kg)
- 1 red onion
- 4 cloves garlic
- 1/2 bunch oregano
- 200g jerusalem artichokes
- 150g **Australian prunes**
- 1lt chicken stock
- 375ml beer

METHOD

1. Heat a tajine base or a cast iron pot with a little vegetable oil.
2. Place in Alpaca and brown on both sides.
3. Roughly chop onion and garlic and add to tajine.
4. Add chicken stock and beer to the pot and place lid on.
5. Place in the oven at 160°C for 2 hours.
6. Remove from the oven and add prunes, artichokes and oregano leaves and return to the oven for 30 mins.
7. Adjust seasoning as needed.
8. Add back to cast iron pan and serve with quinoa salad.

Quinoa Salad

INGREDIENTS

- 150g red quinoa
- 100g **Australian prunes**
- 50 g dates
- 30g shelled pistachios
- 2 green shallots
- 1 preserved lemon
- 100ml extra virgin olive oil
- 1 juice of lemon
- a good handful fresh roquette
- salt

METHOD

1. Boil quinoa in water till tender, approx 10 mins. Stain and cool.
2. Chop prunes, dates and shallots and add to quinoa with pistachios.
3. To make the dressing - remove the pulp and white pith from the lemon and discard.
4. Chop the zest finely and combine with lemon juice and olive oil and toss through quinoa.

DID YOU KNOW?

Prunes contain antioxidants which reduce the risk of heart disease and certain cancers.



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