

Moroccan Fish Tagine

Whip up the trail version of a classic North African slow-cooked stew.

4 c	Water
1 can	Tomato paste (6 oz)
¼ c	Red lentils
¼ c	Split peas
½ tsp	Ginger
½ tsp	Paprika
1 tsp	Cinnamon
1 pouch	Chunk salmon or tuna (7 oz)
1	Apple
½ c	Sliced almonds
½ c	Raisins or chopped prunes
1	Lemon
	Salt & pepper to taste

At home: Place lentils, peas, ginger, paprika, and cinnamon in zip-top bag.

In camp: In a pot, pour water and then stir in tomato paste. Add lentil mixture and heat to a boil. Simmer 10 – 15 minutes.

Add salmon and cook 3 – 4 minute, or until lentils and peas are tender.

Chop apple into bite-size pieces and add to the pot with almonds and raisins.

Season with salt & pepper.

Remove from heat and garnish with lemon juice.

Serves 2 - 3