

MOROCCAN VEGETABLE TAGINE

AFRICA & MIDDLE EAST
/ MOROCCO

ORIGINS

The tagine dates back to Harun al Rashid, a late eighth-century ruler of the Islamic empire. Foods cooked tagine-style appeared in *The Thousand and One Nights* in the ninth century. Although originally a Berber dish, the tagine has evolved with the history as waves of Arab and Ottoman invaders, Moorish refugees from Andalusia and French colonialists have left their influences on the cuisine.



4



10 min



20 min



WHAT YOU NEED

- 1/2 pkt (15 g) Moroccan spice
- 200 g zucchini sliced
- 200 g cooked chickpeas
- 100 g dried apricots
- 1 onion, chopped
- 1-2 cups vegetable stock
- 1 capsicum, cubed
- 1 tbsp honey
- 2 carrots, chopped
- 1 tbsp tomato paste
- 200 g eggplant cubed
- 2 tsp preserved lemon*
- 200 g pumpkin peeled and cubed

HOW TO MAKE

①

Sauté onion and capsicum, 5 min. Add spice, sauté 1 min.

②

Add stock, honey, tomato paste, apricots, carrots, eggplant, zucchini, pumpkin and chickpeas. Cover and cook on low for 20 min.

HOW TO SERVE

Serve with a couscous salad* and garnish with preserved lemon*.

HINTS & TIPS

SIDES & CONDIMENTS

Couscous salad:

20 g almond flakes

2 tbsp each of fresh coriander and mint leaves

1 cup cooked couscous

Cook couscous and mix all ingredients together.

SWAPS & ALTERNATIVES

veggie combos: replace apricots with 100 g prunes. Swap eggplant, zucchini, and pumpkin with 1 parsnip, 1 leek and 2 potatoes chopped. replace apricots with any of dried fruit.

swap capsicum, eggplant, zucchini, and pumpkin with 1 parsnip, 1 leek and 2 potato chopped.

alternative: 2 tsp preserved lemon = juice 1 lemon plus zest.

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