



Moroccan Vegetable Tagine

Ingredients

- 1 tbsp olive oil
- 1 finely sliced onion
- 2 thickly sliced leeks
- 2 finely sliced garlic cloves
- 2 tsp ground coriander
- 2 tsp ground cumin
- $\frac{1}{2}$ tsp dried chilli flakes
- $\frac{1}{4}$ tsp ground cinnamon
- 400g can of chopped tomatoes
- 1 red pepper cut into chunks
- 1 yellow pepper cut into chunks
- 400g can of chickpeas
- 100g dried split red lentils
- 375g sweet potato chunks
- juice of 1 orange, plus peel thickly sliced
- 500g toasted, chopped mixed nuts (optional)
- 400ml water
- small bunch of chopped coriander leaves
- natural bio-yoghurt (optional)

Equipment

- tagine pot
- oven
- hob
- knife
- chopping board
- large saucepan
- teaspoon
- ladle
- serving bowls



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Method

1. Preheat the oven to 170°C-190°C fan/gas mark 5.
2. Carefully, use a sharp knife to chop up the vegetables. Make sure you have an adult to supervise you.
3. Heat the oil in a large saucepan and gently fry the onion and leeks for 10-15 mins until soft, stirring occasionally.
4. Add the garlic and cook for a further two minutes.
5. Stir in the ground coriander, cumin, chilli and cinnamon. Then, cook for a further two minutes.
6. Season with ground black pepper.
7. Add the chopped tomatoes, peppers, chickpeas, lentils, orange peel and juice, sweet potatoes and half of the nuts (optional).
8. Transfer to a tagine pot and then cook in the oven for 15 minutes.
9. Add the water and stir well. Then, re-cover and return to the oven for up to 30 minutes. The tagine should be thick and the potatoes should be soft but not falling apart.
10. Carefully, remove the tagine pot from the oven and ladle the tagine into bowls. Scatter with coriander and the remaining nuts (optional).
11. Top with yoghurt (optional).
12. You could also serve this dish with freshly cooked couscous.

This dish is suitable for freezing. To freeze, allow it to cool completely before putting into a freezer-proof container. It will keep in the freezer for up to two months. To use, defrost overnight in the fridge before heating well.

Disclaimer:

We hope you find this resource useful. This recipe involves the use of knives, hot water, hot oil and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients. Children should be carefully supervised by a responsible adult at all times, especially when using any sharp items, such as knives or when near a heat source. It is the responsibility of supervising adults to ensure the safety of children in their care.