



VEGETABLE TAGINE

Season:	Any
From the garden:	Carrot, capsicum (frozen), spinach, silverbeet, coriander, parsley
Type:	Dinner
Difficulty:	Easy
Country of origin:	Morocco
Serves:	6 serves or 35 tastes
Source:	jamieoliver.com

Equipment

- *chopping board and knife
- *bowls and wooden spoon
- *large saucepan
- *measuring spoons
- *colander
- *can opener

Ingredients

- *3 garlic cloves
- *1 red onion
- *2.5 kg mixed vegetables (we use pumpkin, carrot, potato, capsicum and leafy greens)
- *1 tsp each of dried ginger, cinamon, cumin paprika
- *100 g dried dates
- *1x 400g can chickpeas
- *1x 400g can tomatoes
- *1 stock cube
- *1 tsp salt and pepper to taste
- *oil for frying
- *fresh herbs and yogurt to serve

Method

- 1.cover dates with boiling water to pre-soften

- 2.prepare vegetables: Peel and deseed pumpkin and cut into small chunks, wash carrots and potatoes and cut into pieces (a bit smaller than the pumpkin, as carrot and potato take longer to cook), slice capsicum and leafy greens**
- 3.peel and chop the garlic**
- 4.peel and chop onion into chunks**
- 5.heat a little oil in a large saucepan and fry the garlic, onion and the dried spices over a low heat**
- 6.drain the dates and chop into quarters**
- 7.add the vegetables, chickpeas, tomatoes (fill empty can with water and add to the pot) , stockcube and dates into the saucepan. Season with salt and pepper**
- 8.put the lid on the saucepan and let the tagine simmer for 30 minutes. Check that the vegetables are cooked and adjust seasoning**
- 9.serve with a dollop of yogurt and finely chopped herbs**

Notes: Dried dates can be replaced with dried apricots or prunes

Skills: *measuring, chopping, peeling, frying*