

Easy Vegetarian Tagine

by Happy Pear

INGREDIENTS

Serves 4

- 1 red onion
- 2 cloves garlic
- ½ red chilli
- 1 carrot
- 1 courgette
- 1 yellow pepper
- 1 sweet potato
- 1 tsp cumin
- 1 tsp cumin seeds
- 1 tsp ground coriander
- ¼-½ tsp cinnamon
- ¼-½ tsp smoked paprika
- ½ tsp ground black pepper
- 1 tin of chopped tomato
- 400ml veg stock
- 1 tin of chickpea
- 3 tbsp raisins
- ½ tsp salt
- 2 tbsp tamari
- 1 tbsp maple syrup (optional)



METHOD

1. Peel and finely chop the onion and garlic.
2. Finely slice the chilli, carrot, yellow pepper, courgette and the sweet potato (or use 1.2kg of a combination of similar vegetables).
3. Drain and rinse the tin of chickpeas.
4. Put a wide bottom pan on a high heat and add 1 tbsp coconut oil.
5. Once hot add the onion, carrot, chilli with a pinch of salt and cook for 2-3 minutes stirring regularly. Add the garlic last as it cooks faster.
6. Add the yellow pepper, sweet potato and courgette with a pinch of salt, add half of the veg stock and give it a good stir, put the heat down to medium and cover with a lid and leave to cook (steam) for 10 minutes stirring occasionally.
7. Add your spices - ground cumin, cumin seeds, ground coriander, black pepper, smoked paprika and the cinnamon along with the tin of chopped tomatoes, the tamari, maple syrup, the rest of the veg stock, the chickpeas and the raisins and mix it all well.
8. Put the lid on and cook (steam) for a further 10 minutes.

Garnish your tagine with some yoghurt, a sprinkle of sesame seeds or some finely chopped mint leaves and enjoy with some flat breads or brown rice!

This keeps in the fridge for up to 3 days and also freezes well.