

VEGETABLE & CHICK PEA TAGINE



QUICK

15 mins prep
plus 1 hour
cooking time

HEALTHY

Chick Peas, apricots, prunes & bulgur wheat all provide iron, which is an essential nutrient needed to make haemoglobin & for a healthy immune system

FAMILY



MEALS

Serve with bulgur wheat and a dollop of yoghurt

INGREDIENTS

- 1 x 400g tin chickpeas
- 250g butternut squash
- 1 x 400g tin chopped tomatoes
- 1 tbs oil
- 1 small red or yellow pepper
- 1 medium onion
- 1 large garlic clove
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ½ tsp paprika
- ½ tsp ground cumin
- ¼ tsp ground turmeric
- 5g flaked almonds
- 50g prunes – halved
- 50g apricots – halved
- ½ tsp harissa paste - optional
- 5g chopped parsley

METHOD

- 1) In a large frying pan, dry fry your almonds till golden brown – remove from pan and put aside
- 2) Whilst the almonds are cooking, slice the onion
- 3) **Gently** heat 1 tbs oil in the frying pan, add the cinnamon, ginger, paprika, cumin and turmeric and cook till fragrant, about 1 minute
- 4) Add the onion and minced garlic and cook on a medium heat for about 5 mins till the onions are soft
- 5) Whilst the onions are cooking, slice your pepper, cut butternut squash into bite sized pieces (no need to peel), halve the dried fruit and drain the chick peas.
- 6) Add the pepper, butternut squash, drained chick peas, tomatoes, harissa paste, prunes & apricots to the onions
- 7) Add 400ml water (fill the chick pea can) & mix
- 8) Bring to the boil, then simmer, partly covered for 45mins - 1 hour till the squash is soft and the tagine is thicker and flavoursome
- 9) Stir half-way through – you may need to increase the heat slightly or remove the lid to let some liquid evaporate
- 10) Taste - add salt if needed – taste again
- 11) Serve sprinkled with toasted almonds & chopped parsley



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com