

VEGGIE TAGINE



Ingredients

- 1 Sweet potato
- 1 Aubergine
- 2 Courgettes
- 1 Red pepper
- Sunflower oil

1 Onion
4 Garlic cloves
Tsp coriander
Tsp ground cumin
1 Tbsp harissa paste, or curry paste to your spicy preference
Tin chopped tomatoes
2 Tbsp honey
100g Dried apricots
Tin chickpeas
Seasoning

Method

1. Chop the sweet potato, aubergine, courgette and pepper into bite size chunks. Toss in oil to coat and season.
2. Fry the veg until golden brown.
3. Heat some more oil in a casserole with a lid then fry the onions until soft.
4. Add the garlic, coriander and cumin and fry for a minute or 2, stirring occasionally.
5. Stir in the chopped tomatoes, spice paste, honey, apricots and chickpeas and mix well.
6. Add the vegetables and cook for a few minutes.
7. Put into the oven at 190c and cook for 30 minutes.
8. If, after 30 minutes, it looks thick add some water and cook for another 15 minutes.
9. Serve with rice or couscous.