

Moroccan Vegetable Tagine

Preparation Time: 20 min

Cooking Time: 35 min

Servings: 4

Ingredients

- 2 Tsp Olive Oil
- 1 red onion, coarsely chopped
- 2 cloves garlic
- 40g fresh ginger, finely grated
- 1-2 cinnamon sticks
- 1 Tbsp ground cumin
- 1 Tbsp ground coriander
- 2 red or yellow capsicum, coarsely chopped
- 1/2 butternut pumpkin, chopped into bite-size chunks
- 2 medium carrots chopped into bite-size chunks
- 400g can crushed tomatoes
- 2 cups vegetable stock
- 1 Tbsp Honey
- 250g green beans cut into 5cm lengths
- 1/4 Cup dried seeded dates, chopped
- 1 bunch of fresh coriander &/or mint leaves, chopped



Method

Heat the olive oil in a tagine or large saucepan. Cook the onion and garlic over moderate heat until the onion is softened. Add the spices, capsicum, pumpkin and carrots. Cook, stirring about 1 minute until the spices are fragrant. Add the tomatoes, stock and honey. Bring to a boil. Reduce heat. Simmer, covered, for 25 minutes or until vegetables are tender.

Add beans and dates to the tagine. Cook covered for a further 5 minutes.

Remove from heat and stir in the herbs.