

Vegetable Moroccan tagine

Named after the earthenware pot in which it is usually cooked, this popular veg dish is packed with fragrant Moroccan flavours.



Image: [One Green Planet](#)

Feeds two

Ingredients:

- One large butternut, peeled, deseeded and cubed
- Four to six carrots, chopped
- One onion, finely chopped
- Two garlic cloves, crushed
- 4cm piece of ginger, minced
- 1/2 tsp dried cumin
- 1/2 tsp dried coriander
- One cinnamon stick
- 1/2 tsp ground ginger
- One red chilli
- 500ml vegetable stock
- One tsp maple syrup or sugar
- Handful fresh coriander leaves
- Zest of one lemon
- Salt and freshly ground pepper
- Olive Oil

Instructions:

1. In a large pot or a very deep pan, drizzle some olive oil over medium heat. Add the onion and allow to cook for five minutes until translucent and fragrant.

2. Add the garlic and fresh ginger and sauté for one minute, then add all the spices and cook for another minute.

3. Add the butternut (that has been peeled, deseeded and cubed) and the chopped carrots. Stir well into the spices to coat all the pieces and allow to get browned slightly - turn up the heat if necessary.

4. Pour over the stock and maple syrup/sugar and allow the pot to simmer for 40 minutes, stir occasionally. The stock will cook down, add a little water if needed. You are looking for a rich, thick sauce coating the butternut and carrots.

5. Scatter torn coriander leaves and the lemon zest before serving hot. Serve with rice or couscous if desired.

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