

MOROCCAN VEG & APRICOT TAGINE

RECIPE BY: NIOMI SMART



VEGETARIAN VEGAN NO GLUTEN

DIFFICULTY: EASY

TIME: 30 MINS PREP + 45 MINS COOK

SERVES: 2

A plant-based meal option perfect for vegans and meat-eaters alike.

METHOD

Heat oil in a large frying pan and cook the onion over medium heat for +/- 3 mins. Add the garlic and butternut and cook for a further 7 mins. Add the remaining vegetables and cook for a further 3 mins before adding the chickpeas, tomatoes, stock and spices. Season to taste. Simmer for 30 mins uncovered.

Meanwhile bring 400 ml water to simmer in a small saucepan, add quinoa and cook for 20 mins. When cooked stir in apricots, almonds and a pinch of salt. Serve with pomegranate seeds, coriander and a drizzle of the tahini dressing.

INGREDIENTS

- 1 tsp oil
- 1/2 red onion, diced
- 2 tsp garlic, crushed
- 250 g butternut chopped
- 1 red bell pepper, chopped
- 1 can chickpeas, drained
- 1 can chopped tomatoes
- 250 ml vegetable stock
- 1/2 tsp each cinnamon & cumin
- 1 tsp each turmeric & paprika
- Pomegranate seeds and chopped coriander to serve

Quinoa: 140 g quinoa + 40 g dried apricots, chopped + 10 g flaked almonds

Dressing: 2 Tbsp tahini + 3 Tbsp milk + splash of lemon juice and honey, whisked together