

VEGETABLE TAGINE

INGREDIENTS

¼ cup extra virgin olive oil, more for later
2 medium yellow onions, peeled and chopped
8-10 garlic cloves, peeled and chopped
2 large carrots, peeled and chopped
2 large russet potatoes, peeled and cubed
1 large sweet potato, peeled and cubed
Salt
1 tbsp Harissa spice blend
1 tsp ground coriander
1 tsp ground cinnamon
½ tsp ground turmeric
2 cups canned whole peeled tomatoes
½ cup heaping chopped dried apricot
1 quart low-sodium vegetable broth (or broth of your choice)
2 cups cooked chickpeas
1 lemon, juice of
Handful fresh parsley leaves

METHOD

Step 1:

In a large heavy pot or Dutch Oven, heat olive oil over medium heat until just shimmering. Add onions and increase heat to medium-high. Saute for 5 minutes, tossing regularly.

Step 2:

Add garlic and all the chopped veggies. Season with salt and spices. Toss to combine.

Step 3:

Cook for 5 to 7 minutes on medium-high heat, mixing regularly with a wooden spoon.

Step 4:

Add tomatoes, apricot and broth. Season again with just a small dash of salt.

Step 5:

Keep the heat on medium-high, and cook for 10 minutes. Then reduce heat, cover and simmer for another 20 to 25 minutes or until veggies are tender.

Step 6:

Stir in chickpeas and cook another 5 minutes on low heat.

Step 7:

Stir in lemon juice and fresh parsley. Taste and adjust seasoning, adding more salt or harissa spice blend to your liking.

Step 8:

Transfer to serving bowls and top each with a generous drizzle of extra virgin olive oil. Serve hot with your favorite bread, couscous, or rice.

THE COOKERY

by The Secret Jozi Chef